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# Grass Roots

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- Living In Darwin • Christmas Crafts
- Tasty Runner Beans • Poultry For Show
- Eco-Friendly Cleaners • Keeping a Goat • and lots more ...



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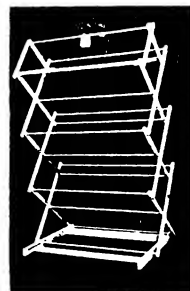
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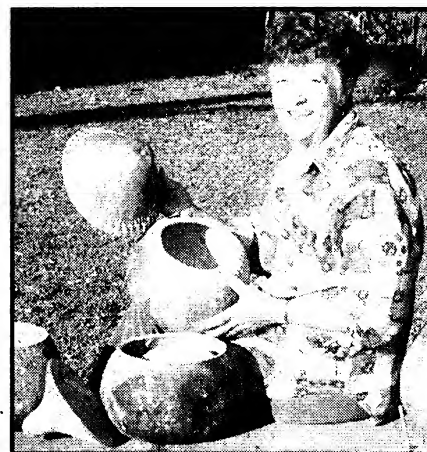
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## COVER PHOTOS

**Front Cover:** The determined group at Holy Goat Ranch have proved you can regenerate degraded farmland using permaculture design and organic methods. Their farm now feeds them and is open to visitors. (See page 6) Photo by Jamie Brown.

**Back Cover:** Jose Robinson describes how to turn one of the world's oldest and most remarkable vegetables into useful and decorative containers. (See page 19) Photo kindly loaned by K & M Jessop, The Good Gourd and Seed.

\* \* \*

Edited by Megg Miller and Mary Horsfall.

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# GUMNUT GOSSIP

by Megg Miller.

December is the time we announce the *Grass Roots* Award winners and we hope this annual presentation grows in stature in the years to come. The worthy recipients, as chosen by you the readers, along with the other nominees, are to be congratulated for their efforts in the GR and wider community. Full details of award winners are listed on page 13. Equally, I want to acknowledge the many readers who joined in and supported the concept of the awards by recommending and voting for nominees. Your efforts have been much appreciated. All people seem busy and overextended these days and without a doubt those juggling the demands of a self-sufficient lifestyle or a job and farming pursuits would be hard pressed for time. It is to their credit that many of these 'busy bees' responded to our invitation to vote for nominees put up for the awards. We would have been very disappointed if the idea of acknowledging the outstanding efforts and contributions of GR people just fizzled out through lack of support so a hearty thank you readers for backing us with this project and also for giving credit where it is due to a group of exceptional people.

One nomination for the awards arrived after the closing date and thus was too late to be included in the voting. It was a special letter, describing the community involvement of a young single mother the writer had met through GR back in 1992. When Allan, the author of the letter, first met Tracey, she was breeding native frogs. 'She was also an avid reader of GR from which she made many contacts and utilised many ideas, one of which was the concept of a food forest. It is for her work in this area I wish to nominate her for the community service award.' Tracey, through initiative and hard work organised the planting of a food forest in the grounds at her son's school in Brisbane. She arranged local support from nurseries, garden suppliers and the shire council, and encouraged student participation.

'In a short time Tracey had instigated an incredible transformation at the school, from a barren landscape to a sea of plants and mulch. The garden is now becoming quite established and the children encouraged to take over the ongoing development and care so it will truly

become their garden.' Tracey's dedication to her dream of creating a useful and aesthetically pleasing environment for young people would have placed her in the running for the community service award had the nomination arrived earlier. There is a sad postscript to this inspiring little story. Tracey died October last year. . . 'before her dream was fully realised. She did however leave the school with a legacy for which she will always be remembered,' wrote Allan. We felt privileged to receive this letter and share the accomplishments of this unique young woman. Tracey may not have won the award but her story will have touched the hearts of all who have read this page. We hope her food forest provides solace to those who loved and miss her and that its growth become a tangible celebration of her life.

To lift your spirits, there are some articles this issue to interest, intrigue and even entertain you. Roberino's contributions in particular will inspire and amaze. He has shared his favourite Christmas cake recipe, which can be reduced, he says, if you require a smaller cake. Just as well— not everyone will want to make a cake that has amongst its ingredients two dozen large eggs and two kilos of flour. Along with the short sleeved shirt and shower cap that this intrepid contributor recommends you wear in the kitchen, we suggest you also take the phone off the hook. Another article that will shake the cobwebs off conventional thinking is Gaelle Murray's 'Headache Relief'. We thought this might be timely advice with the silly season fast approaching. While some of Gaelle's suggestions are remedies grandma used to proffer and family members swore by, there are several new to us. When Kim complained recently of a headache it seemed an ideal opportunity to try the lemon water remedy. The offer of mop buckets for immersing her feet in (while she typed, of course) was met with a terse reply. The office first-aid kit is obviously going to have to be updated, however, I envisage a small problem keeping the 'foot buckets' free of flowers and the pig's scraps!

A current practice we find irritating and shamefully wasteful is insert advertising. Most magazines and papers you



pick up, even publications committed to environmental issues, spill out a mish-mash of brochures and catalogues. We are regularly approached to take on this sort of advertising but resist, believing it to be an unnecessary and unwanted intrusion of privacy as well as a gross waste of paper. The alternative— taking out a display advert— seems reasonable to us, as we know those genuinely interested will follow through for promotional material. We may be old-fashioned in this matter, but feel handfuls of unsolicited junk mail cannot be justified when resources and landfill are under pressure. Our annual subscription renewal form is the only printed matter to be put into GR. You have our assurance that we do not support this unecological practice.

Before I conclude, a reminder is necessary of the changes being implemented to phone numbers. Don't forget to refer to these changes if you are sending in Feedback letters or Grassifieds that include a phone number. For those bewildered or who cannot get through on a particular number, seek out help from Directory Assistance.

With Christmas and the New Year just weeks away we are all making plans for the annual week-long break: sleeping and relaxing, gardening, catching up on reading, time with family and friends, simple activities we, and no doubt you, look forward to at this time of year. We hope Christmas is a joyous time and one in which the traditional significance is not lost. And for 1997? Tracey Walleit believed that although you may not be able to change the world you could make your corner a better place— and she succeeded in doing this in many ways. That sounds an achievable goal for 1997. Merry Christmas and a Happy New Year.

# HOLY GOAT RANCH

by Wendy Seabrook, Broadwater, NSW.

**Take a group of dedicated permaculturists, some degraded farmland, a few goats, countless hours of practical work and a little help from Mother Nature and you get a beautiful and productive fruit forest and vegetable garden, enveloped in a regenerated rainforest, that feeds those who created it.**

If you have recently moved to the Lismore area or are well established and looking for renewed motivation, ask any local GR reader about good farms to visit for practical ideas and inspiration, and they will point to the Holy Goat Ranch. What makes the Holy Goat Ranch different from many places is that here you will see good effective ideas put into practice and actually working. Here is a permaculture fruit forest garden and vegetable gardens which actually feed people! Here is a balance between conservation and food production with fruit orchards merging imperceptibly into rainforest regeneration areas. And what is really impressive is the short time it has all taken to happen.

Fifteen years ago when Cindy and Graham Jordan first bought the land it was cleared, steep and badly degraded cattle country. Now it's a subtropical oasis extending over 23 acres of land. Walking around the site with Bernie Petry, one of the seven current residents, I felt miles away from the heavily grazed paddocks and rows of uniform macadamia plantations marching out of sight across the surrounding hills. I found it difficult to believe that land could be transformed so quickly, and with nothing but hard work, hand labour and the usual shortage of cash which characterises so many back-to-the-land ventures.

One of the main reasons the Holy Goat has been so successful is because the community has worked with nature rather than against it. They have used native wattles and other nitrogen-fixing ground covers intensively in their revegetation work. Large sections of the steep north-west and south-westerly slopes which characterise the site have been planted out with wattles and the kikuyu grass covered with cardboard and mulch and direct seeded with various ground cover legumes: pigeon and cow pea, pinto beans and lab lab. Bernie explained how in many areas they had to repeat the covering of mulch up to three times because of the vigorous nature of the kikuyu grass, but once the wattles



For the folk at the Holy Goat Ranch caprine friends have been invaluable assistants in clearing the land of weeds.

were up they created sufficient shade to exclude the grass.

In the conservation areas the wattles were interplanted with local eucalypt and rainforest trees, in the orchard areas with fruit trees. Over 15,000 trees have been planted to date, but birds and fruit

bats have also brought in the seeds of many other species, especially under the few surviving old canopy trees.

None of the forest areas have irrigation and all the tree planting was therefore undertaken during the wet season. No herbicides or artificial fertilisers are

used. On the Holy Goat Ranch they have relied entirely on the nutrients in the added mulch, the nitrogen-fixing bacteria in wattles and legumes and manure from the compost toilet and the two horses on site.

The orchards have been designed to mimic the vegetation structure of natural forests in the region. The perennial nitrogen-fixing ground covers are encouraged and interplanted with pineapples, sweet potatoes and a variety of herbs – many of which are good bio-accumulators of essential plant nutrients. There are many understorey trees including coffee, tea, banana, pawpaw, tamarillo and feijoa, and canopy trees dominated by mango, black sapote, and jakfruit. Over two hundred varieties of trees have been planted. The tropical tree species are planted on the higher parts of the slope away from the frost, and citrus and stone fruit further down near the creek. Tougher trees like mangoes and ice cream beans are planted as wind breaks. Only stone fruit trees have been planted in traditional open orchard areas to ensure quick ripening to reduce fruit fly damage.

I have always been attracted to growing fruit and nut trees in a forest structure, but have been concerned that while these areas often look more attractive than conventional orchards, the trees don't produce much food and are difficult to harvest and maintain. So I was very interested to hear that the three acres of orchard, some of it less than six years old, provides virtually all of the fruit for the seven people in the community. And while Bernie says that they lose some of the produce to rats and fruit bats, the more natural forest structure also encourages predators, and extra trees have been planted for the other residents' needs anyway! They have also not had any significant problems with insect pests.

Members of the community are continually adding new varieties of trees to the orchards, and they do need to undertake some maintenance work – coppicing the wattles to use the nitrogen rich cut material for mulching, cutting back the more vigorous trees, and planting out new bananas and pawpaws, important subsistence food for the residents. They have had some problems with lab lab growing up over trees, but the solution is simple, just cut and use as mulch. Except for these activities the fruit for-



est orchards look after themselves and some tree species are already self-propagating from seed.

The residents also get all of their fresh vegetables from their vegie gardens, which are terraced down the lower slopes using walls constructed of rock from the site. Free range chickens provide them with eggs and the goats with milk.

The goats are also employed to help the community clear the land of weeds. Back in the early days much of the property was covered with lantana, camphor laurel and small-leaved privet. The goats were used to systematically clear areas a paddock at a time, which were then planted with fast growing wattles to shade out the lantana. On the day I visited the goats were still there busily munching their way through lantana and privet, and I thought enviously of all the days, torn skin and clothing I have accumulated on my farm doing goats' work!

Today there are seven people living at the Holy Goat Ranch, living separately, but many sharing food in the community house. Like many north coast communities the houses reflect the individualities of the occupants. Building materials range from mud brick to stone and walls constructed with a mixture of sand, sawdust and cement. There is no mains electricity or water. Each house has its own rainwater tank, solar hot water and solar panels.

All the residents are vegetarian and no drugs or alcohol are permitted. From talking to both Cindy and Bernie it was clear that while economic restraints meant that construction projects needed to be built out of recycled or on-site materials they and the other residents shared an ethic centred on simplicity and low environmental impact. And this is reflected in 15 acres set aside for rainforest conservation and the abundant wildlife on the site.

Bernie actually came to Australia after the Chernobyl accident. He had been a vegetable gardener in Germany, but when the government told him he had to bury his produce due to radioactive contamination from the explosion at the power plant, he came to Australia in search of a cleaner healthier environment.

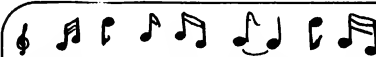
In the past the community has obviously been closer knit. This was in part due to the considerable amount of work which needed to be undertaken to establish the houses, orchards and vegetable gardens. Today community work days have been replaced with people having different areas of responsibility, reflecting in part their interests. Bernie told me that there were always opportunities to develop new projects, but that they felt they had sufficient, and wanted to start enjoying the fruits of their labours and not allow expansion to just become a meaningless addiction as it is in so many people's lives.

However one of the areas which they are expanding is promoting grassroots lifestyles and permaculture to the community at large. The residents believe they can best help create an environmentally sustainable society by first taking responsibility for their own lifestyles and then through helping inspire others to do the same.

Hence, every year the Holy Goat Ranch organises an open day which attracts hundreds of visitors, and takes special interest and school groups around the site at other times. They encourage visitors, but ask people to make an appointment first (phone 066 895 344).

### BORAGE MOTH REPELLANT

Rows of borage grown between rows of such crops as carrots may help repel Bogong moth caterpillars.



The duo *Drop of Scotch* was formed in 1990 by piper Diane Gaylard and celtic harpist David Alleway. On this album, they have been joined by a fine cast of guest musicians to produce a great collection of contemporary and traditional Scottish music and song. Special offer to GR readers: \$20 for the CD and \$16 for the cassette (incl p&p).

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# DANDRUFF

If it's snowing in January and you live in the Southern Hemisphere, then you know you have a dandruff problem!

Here are some natural solutions to try to clear up the snowstorm.

## SHAMPOO 1

To a 200 ml bottle of baby shampoo, add:

- 35 drops rosemary oil
- 25 drops cedarwood oil
- 20 drops juniper oil
- 20 drops sage oil

## SHAMPOO 2

- 1 tbsp chamomile flowers, fresh
- 1 1/2 tbsp fragrant herb, fresh
- 1 tbsp stinging nettle, fresh
- 1 tbsp parsley, fresh

1 handful soapwort leaves and stems, fresh

- 2 tbsp dried soapwort
- 1 tsp purified borax
- 2 1/2 cups boiling water

Infuse herbs in boiling water. Strain through muslin and discard used herbs. Store in a tightly stoppered bottle in the refrigerator.

## TREATMENT 1

One bunch of milk thistle weed (flowers, roots and all), chop roughly and place in a bowl. Pour over boiling water until covered, steep for two to three hours. Strain. Pour liquid into a squeeze bottle and add a drop of essential oil for aroma. Rinse hair with this after every wash.

## TREATMENT 2

- 2 tbsp vinegar
- 1 tbsp castor oil
- 1 tbsp rum

Mix together, rub through the hair well and leave on for thirty minutes. Shampoo out and rinse thoroughly, with a tablespoon of vinegar added to the final rinse.

## TREATMENT 3

Rub a few drops of 100% pure lavender oil into the scaly patches on your scalp after shampooing.

## TREATMENT 4

Pulp fresh pawpaw flesh and massage it onto your scalp. Eat the rest, then shampoo the pulpy mess off your scalp.

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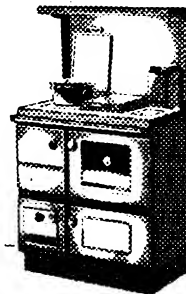
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# CHRISTMAS ALL WRAPPED UP



by Mary Horsfall, Longwood East, Vic.

At Christmas we make an extra effort to show our appreciation of friends, family and colleagues by exchanging cards and gifts. Most of us put a lot of thought into choosing or making something appropriate for the recipient. We've often featured articles in GR with ideas for handmade gifts. (See end of article.) For the ultimate in personalised presentation there are many ways of wrapping gifts, and of making cards that will reduce our reliance on mass-produced commercial products. The environment will also benefit, as many pre-used items can be imaginatively incorporated. You don't need to be endowed with artistic talent to try these simple ideas, in fact most of them are very suitable for children to participate in and can be the focus of many happy and productive hours of family time.

When my children were little we often spent many December days making cards and wrapping paper for family members. We always had paints, glues and craft papers in the house, so only had to buy a few extras such as glitter or Christmassy stencils. We also had (still have but seldom used now they have 'grown-up') a special drawer in which we saved old cards, pre-used wrapping paper, scraps of wool, ribbon, in fact anything pretty and re-usable that little fingers could create masterpieces from. At Christmas and family birthdays the craft drawer really came into its own.

## WRAPPING

Colorful wrapping paper is easily made. Using large sheets of newsprint little people can make handprints, footprints, or finger paint with bright poster paint. Fold the paper in half, paint on one side and print it on to the other. Or, paint all over one sheet, using a generous amount of paint, and 'print' several others from it. Cotton reel ends (those shaped like a wagon wheel), cookie cutters, or rubber stamps can be used to make printed designs. Older children can make wax crayon rubbings from interestingly textured surfaces around the house.

One year we bought a set of paper Christmas stencils. These have been used many times and in a variety of ways. Spray over them in gold or silver paint, either on plain newsprint or coloured shiny flint paper. Use a toothbrush to spatter paint over them, or a housepainting roller for a more even look.

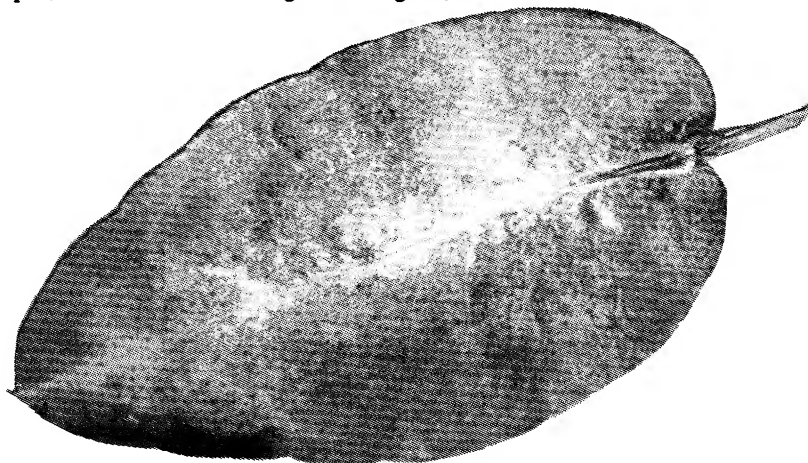
While not being strictly handmade (although they can be if you have the time and the talent), baskets, stockings and gift bags, used instead of wrapping paper, do have the advantage of being

re-usable for many subsequent years. On occasions we have wrapped presents in a tea towel, tied with a bunch of raffia. Small items can be tied or wrapped in a handkerchief.

Within the family we keep reasonable by undamaged gift paper, cut off any damaged pieces, iron it if necessary, and re-use for another event.

## CARDS

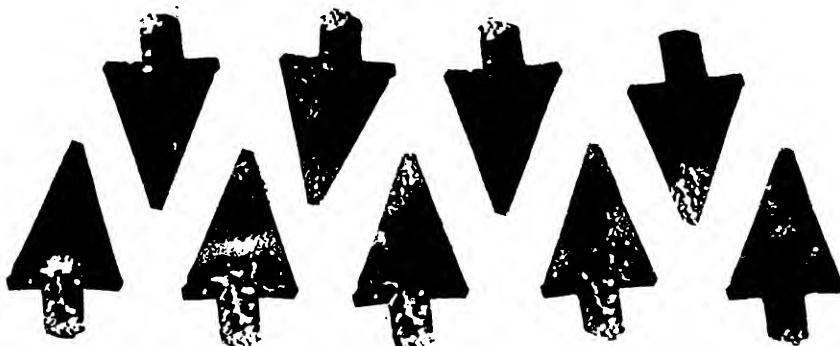
Heavy cartridge paper is fine for making cards from, however, if you don't mind paying extra for it, white cardboard can



Start with a simple leaf and the potential for gift tags is diverse: write with a black texta, or a glitter pen, sprinkle glitter around edges.



Simple stamped or printed designs can be used on cards or wrapping paper, or even on fabric if you have fabric paints.



be bought from craft shops and some newsagents.

This is where the craft drawer is an indispensable treasure trove. All those pretty saved scraps can make wonderful collage cards. Pictures cut from magazines, especially gardening magazines, can also be effectively used. Choose pictures and other items which reflect the interests of the recipients. A spray, or toothbrush spatter, of gold or silver, or a sprinkling of glitter, adds a festive look.

Of course, all the painting and printing ideas used to make the wrapping paper can be used on a smaller scale to make cards as well.

If you press flowers and leaves from your garden during the year, they can be stuck on card, using craft glue, to make basket, posy, or landscape designs.

Keep handmade cards to a standard size to avoid excess postage costs and the problem of finding envelopes of the right size.

#### GIFT TAGS

Small pictures cut with pinking shears from old cards make attractive gift tags. They need not be a regular rectangular shape. Cut them flower, car, or animal shaped, according to what the picture is.

Large pressed leaves make lovely environmentally friendly gift tags. Write on them with gold or silver markers and sprinkle glitter around the edges.

The following GR issues have ideas for home-made gifts: 93, 94, 100, 105, 106, 111, 112.

#### BIRD DETERRENT



A Japanese study aimed at preventing seagulls from flying into the engines of aircraft, discovered that the birds do not like to have anything tangling their wings. A backyard fruit grower from WA adapted this idea to protect his fruit crop from the ravages of parrots.

Fishing line is hung in rows about 10 centimetres apart surrounding the trees, with some lengths of line crossing the top of the crop. As the fishing line hangs loosely the birds do not become caught or damaged, but simply drop to the ground disorientated.

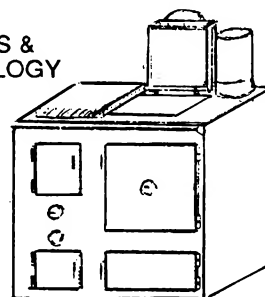
A similar idea uses thread criss-crossed over a strawberry bed to prevent birds from landing on and sampling the crop.

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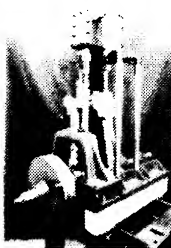
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# GROW A RAINFOREST

by Kim & Peter Gollan, Bobin, NSW.



Kim and Peter Gollan moved to the Manning Valley in 1982. Faced with the expense of buying hundreds of plants to reafforest their farm, they decided to propagate their own. One thing led to another until the demand for their trees was so great they found themselves in the nursery business.

Since our article in GR 85 Dingo Creek Rainforest Nursery has been forging ahead adding new plants to our already extensive list of plant species. The plants are grouped into categories: edible fruiting plants, timber trees, regeneration species, ornamental garden trees and shrubs, indoor plants.

## PLANT GROUPINGS

### Edible Fruiting Plants

This includes trees and shrubs, hardy and not so hardy, from a wide range of plant communities, to suit many rural or urban situations.

**Pepper Bush** (*Tasmannia* species): Fruit, seed and leaves can be used. The seed is very hot and spicy and eaten in small amounts. The fruit is like peppered cucumber and very tasty. The leaf is used as a bay leaf would be, for flavouring. This bush is hardy to cold climates, but seems to adapt well to shaded warmer situations.

**Beach Alectryon** (*Alectryon coriaceus*): This hardy small bush is found along coastal areas, on the beach or behind the dunes in the littoral rainforest. The seed produces a red aril – a fleshy jelly around it. This jelly is very sweet, slightly dry tasting, but nonetheless a nice little snack.

**Plum pine** (*Podocarpus elatus*): A beautiful native conifer that produces fleshy fruits with the seed attached on the outside, so eating the fruit is a very clean and easy affair. The fruit is soft and tangy. This tree is also a beautiful ornamental and a useful timber tree.

**Caperberry** (*Capparis aborea*): A prickly scrambling shrub taking on tree form with age. The fruit is exquisite, like a tropical guava, one of my favourites. The flower, which only lasts a day, is one of the most beautiful to be found in the forest.

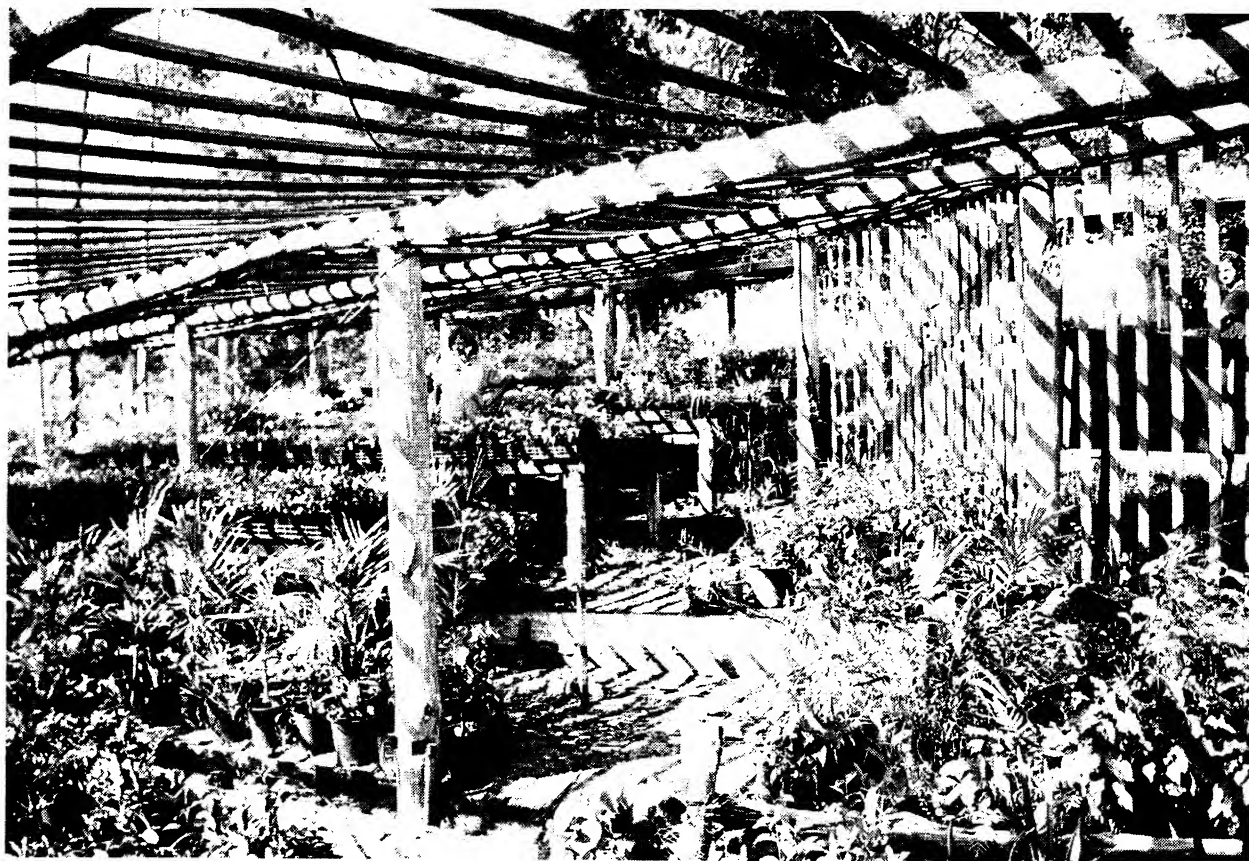
Other species include the delicious black apple, all the lilly pillys, brach-

ychitons, bunya nuts, and the hibiscus tips. The fruits can be eaten raw, turned into jams or preserves, and in some cases roasted.

### Timber Trees

The timber trees have a very important role in our future timber supplies. If small areas on farms could be allotted for timber plantations this could be a useful future asset. We have many eucalyptus species suited to the Victoria/NSW/southern Queensland coastal fringe. These include white and red mahogany, blackbutt, blue gums, tallow woods, Dunn's eucalypt and more. Some she oaks are useful for shingles, for example *Casuarina torulosa*. The rainforest species are as follows.

**White Beech** (*Gmelina leichhardtii*): A magnificent timber and a beautiful tree. This timber is one of the most durable timbers, resisting rot from ground, air and sea.



From small beginnings, the Dingo Creek Rainforest Nursery has expanded its operations with food plants being particularly popular.

**Rosewood** (*Dysoxylum fraserianum*): A well known timber tree. It is also found as a shady street or park tree. Many farmers have left rosewoods as paddock trees providing shade to cattle.

**Yellow Carabeen** (*Sloanea woolsi*): A magnificent tree. The timber is considered very strong for its weight. It is also a profuse flowering tree.

**Silky Oak** (*Grevillea robusta*): A fast growing very attractive timber tree. The grain is quite beautiful.

**Native Teak** (*Flindersia australis*): A light timber grain, excellent for butchers as it is said not to blunt knives. It is often seen as an ornamental tree in urban areas. This tree has large woody fruit which are used in dried arrangements.

**Tulip Satinwood** (*Rhodospaera rhodantha*): A medium sized tree of dense foliage. The timber is soft, fine grained, beautifully patterned and durable.

#### Regeneration Plants

Regeneration plants are useful for many aspects of planting. These can be used as nurse plants to protect young permanent plantings or to encourage natural regeneration.

They can be used for windbreaks, soil erosion control, establishment of wildlife corridors, to start timber plantations, encourage regeneration, to start bush food orchards etc.

Examples of pioneer or regeneration plants are red ash (*Alphitorea excelsa*), black wattle (*Acacia melanoxylon*), cheese tree (*Glochidan ferdinandi*), white euodia (*Euodia micrococca*). It should be mentioned here that these pioneer plants are all fire retardants as are many of the rainforest plants.

#### CONSERVATION

Another reason for planting rainforest plants is to keep many of the species alive. As the urban sprawl spreads, farmlands encroaching on forest land, logging operations destroying rainforest communities, a number of our rainforest plants are becoming endangered – lost, as their habitats disappear. One way of keeping these plant species alive is to commercialise them so they become popular ornamental or commercial plants.

Many of our capital cities already have rainforest plants as street trees that were planted in the 50s and 60s – this is

common in Melbourne and north shore Sydney. Under open conditions the forest giant becomes a pleasant medium or small tree quite suited to street and garden positions. The Melbourne and Sydney botanical gardens also have many plantings of our NSW rainforest trees.

We are always endeavouring to grow new species of plants from the forest and recommend to anyone out there to plant some as they will give you, and the wildlife, much joy.

Dingo Creek Nursery can be contacted at: Bulga Rd, Bobin 2429. Ph: 065-505-169.

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# 'GRASS ROOTS' AWARDS

## 1996

The *Grass Roots* awards recognise the quiet achievers, the people content to lead their lives in accordance with their own values and in pursuit of goals important to themselves. During the year many people have been nominated, the votes have been cast by the readers, and it is now time to announce the winners. Thank you to all who took the time to nominate or vote, and congratulations to the nominees and the winners in each category.

**Innovation** – a person who has invented or produced something which aids or advances a self-sufficient lifestyle. *Vivienne Manouge* for researching uses of native plants to benefit humans and animals.

**Lifestyle** – a person or family whose lifestyle most closely reflects *Grass Roots* self-sufficiency. *Jose & Don Robinson* for being true protectors of their environment and implementing innovative recycling ideas.

**Community Service** – a person active in the community in the promotion of self-sufficiency and environmental care. *Colin Franklin* for unfailing helpfulness and advice despite many health problems.

**Good Samaritan** – a person who goes out of their way to help others. *Nerada Thomas* for work for charities, including St Vincent de Paul.

The winners each receive a Going Solar gift voucher to the value of \$200.

Now... for next year's awards, start sending in suitable nominations.



### 1997 Nomination Form

(cut or copy)

I (name, address & ph).....

wish to nominate the following person(s) for the Annual *Grass Roots* Awards. Include name and all known contact details, and a brief reason for each of your nominees.

Category:.....

Category:.....

### CATEGORIES

Lifestyle

Good Samaritan

Innovation

Community Service

### CONDITIONS

Nominees must be persons you have read about in, or contacted through, *Grass Roots* magazine. You may nominate one person per category, per issue, but, it is not necessary to nominate a person in each category.

Include your own name, address and phone number and that of any person(s) you are nominating.

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**WHO** should read this? Ideally, a couple in their forties or fifties - 'couple' meaning two compatible individuals; a little capital, no debts, a philosophy not dependent on a consumer oriented life-style, and a love of Nature and the outdoors - all of these would help.

**WHY** read on? Because this is your chance for a change, your chance to improve the way you live, in fact your chance, at last, to start really living in a real world, with real people, in a real environment.

**WHAT** is all this about? It's about LIFE-STYLE in idyllic surroundings, at a peaceful pace, on a self-sufficient budget.

**Surroundings:** a small farming community encircled by State Forest, with National Parks to West, North and East; mountains and rivers for walking, riding, fishing, boating, bird-watching, painting and poetry; snow (in season!) an hour away, the sea not much further.

**Pace:** quiet for a third of the year, steady for a third, moderately busy for a third; with the work-place 50 yards away, breakfast and lunch can be leisurely affairs, in the home or outside in the private courtyard; there's time and opportunity for music, a walk in the garden, meditation, and 'chatting with friends and clients.

**Budget:** it draws on two businesses, the first being an accommodation business (4 self-contained guest units) just the size for a single person to handle easily, the second being a bookshop (only 3,000 titles) also just right for one person.

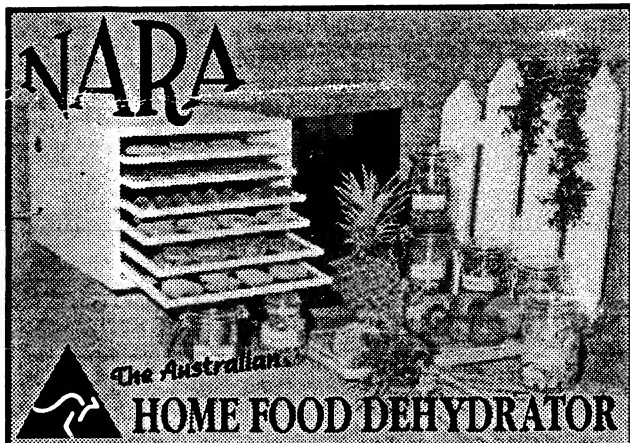
**WHERE** is all this? In Victoria's High Country, at an elevation of 2,000 feet, in the town of OMEO. The newly proclaimed 'Great Alpine Road' runs through the town, linking with the Hume Highway to the North, the Princes to the South - the tourist potential is self-evident.

**WHEN?** To plan for tomorrow, you need to act today. Things look set to boom, but for the time being all we are offering is LIFE-STYLE - a great one.

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**FACTS** - Town Centre, freehold site 1,688 sq.m., the buildings taking up 365 sq.m., of which half is the residence/home. The principal building was the 'Colonial Bank of Australasia', a grand edifice from last century. Grounds are undulating, well planted. Asking price of \$325,000 allows for location, site size, good quality brick buildings, and the modest but adequate nature of the businesses. Price relates closely to the valuation of June 1996 by a Qualified Valuer of the Australian Institute of Valuers and Land Economists.

**POTENTIAL** - approval was given for 6 more guest units to be included on this site (permit would need to be reactivated); the private court yard could lend itself to a verne for afternoon teas; and sufficient spare street frontage remains for building another shop or office.

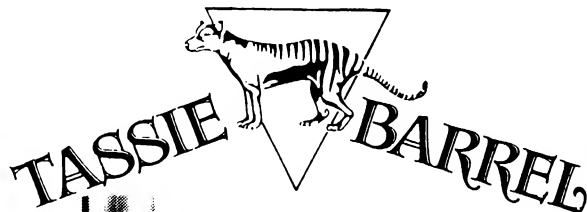


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# LIFE AT THE TOP END

by Raymond Taylor, Darwin North, NT.

Mention Darwin and the majority of 'southerners' will think of Cyclone Tracy, climatic extremes of The Wet and The Dry and probably not much else. So we were delighted to receive this account of the Darwin lifestyle from long-time resident Ray Taylor. He creates a picture of a dynamic city, with many opportunities for the ambitious and the energetic, but which presents its own unique problems for newcomers to come to terms with.

I live in Darwin with my wife and family, currently in our sixth and, we trust, final home. We hope GR readers will be interested in this thumbnail sketch of the lifestyle, possibilities and problems of this distinctive area. I thought an interesting way to present the article would be to dissect the name letter by letter and write about subjects that came to mind for each letter.

## DARWIN

### Dynamic

Darwin has an average population age of 28 years, an age when most people are dynamic.

### Denizens

In a population of approximately 70,000 (compared with Toowoomba 76,000, Cairns 64,000, Ballarat 65,000 and Rockhampton 55,000), 72 percent are Australian born, 5.5 percent were born in England and 2.6 percent in New Zealand. The remainder are from a variety of European, Mediterranean and Asian backgrounds.

There is a high population turnover. Newcomers either adapt to the lifestyle or they leave. If, of every one hundred that arrive, say eighty leave, then the twenty that decided to stay reinforce the current Darwin lifestyle.

### Dump Shop

Darwin's Dump Shop sells a variety of pre-owned goods, recycled dog kennels, hen houses, play huts and garden gear. It's easy to get to and many items are almost free.

### Agriculture

Crops grown include orchards and some rare pockets of suitable vegetables. However, centuries of soil leaching, and uneven rainfall are challenges requiring irrigation and fertiliser – often a greater outlay than the return.

### Air

Darwin's air is fresh as we have very little industry.

Air Transport is excellent, for a relatively small Oz city. Planes daily will

take you anywhere in Oz. Aeroplanes however are a sore point in Darwin as the airport is in the centre of the city. Noise, exhaust pollution, and the risk of crashes (several have happened) disturb the serenity of many.

### Adaptation

To live here we must adapt to the climate in our dress, movements and recreation choices. Most long-term residents have a helpful attitude to newcomers, especially when it comes to locating services and finding their way around, as the giver of the information has usually been through the same situations as the seeker.

### Accommodation

This is usually dear, so often several rent and share the costs. One well run caravan park with lovely sites charges \$140 a fortnight. The suburb of Nightcliff appears to me to be a large rabbit warren of accommodation for single men and women, many of whom seem to miss their gardens, garages, lawns and flowers. A one-bedroom flat in this area will cost \$110 plus per week; two bedrooms about \$160-\$230; three bedrooms upwards of \$260. A room in shared accommodation can cost as little as \$70 per week.

### Animals

Dogs are everywhere. Folk arrive, no family here, so start one with a dog.

SPCA have a wonderful selection offered, given by those who thought they could adapt to Darwin, but left instead.

Snakes, opossums, bandicoot, lizards are seldom seen, but they are here as any bird breeder will tell you. Horses are popular out of town.

Mosquitoes, if around, are beaten by house screens, tent muslin and aerosols. Cockroaches are in every home; nighttime you see them, daytime you see where they have been. Ticks are common on all dogs all year, but good vets abound.

Hens are essential for anyone wanting to recycle kitchen and garden material. Our neighbours on two sides toss over all their scraps, we give them eggs. Day-old chicks at \$3 each are laying in five months and never seem to moult. Insects' souls go to heaven, their bodies into lovely fresh free range eggs.

### Advancement

Because so many denizens move on, there are opportunities for advancement in many fields.

### Roads

Darwin has the best roads in Oz for the size of the city. The main internal road is six lanes. Signs are superb and you never need a map. Cycleways abound on flat to slightly undulating tracks. Good bicycle shops abound and are appreciated. Roads out of the city are sealed



Road trains are a feature as most goods are trucked in from other states.

to all the areas most wish to go to.

### **Rubbish**

Sailors know they are approaching land when they see seaweed. Travellers know they are approaching Darwin as the rubbish on the roadside increases and reaches a peak in the city itself. Darwin would win first prize for a litter city. I think this is partly because large numbers of newcomers have no pride in a city they don't consider to be their home.

### **Restaurants**

We have some wonderful restaurants providing good value in wholesome food. There is a very wide range to suit many tastes.

### **Relocaters**

As most denizens have come to Darwin from other areas, many miss their relations and quality friends so return to their home areas. It is often the self-reliant, independent, previously travelled folk who stay as they can 'hack it' as the saying goes.

### **Weather**

'The Dry' refers to the months May to October. No rain, sunshine averages twelve hours a day, light breezes caress. Darwin gets most of its rain in the wet monsoon lasting mainly from November till May. This is also tropical cyclone season so newcomers and travellers need to be prepared for a possible emergency. Advice is available from any long-time resident, local authorities and NT Emergency Services. Frequency and severity of cyclones is very variable, depending on the effects of El Nino and La Nina. However, seldom does a day in that time not see the sun out to dry the washing rapidly and allow the enjoyment of outdoor recreation activities.

### **Work**

Jobs abound here for the adaptable, tolerant, skilled, fit folk with the lubricant of a sense of humour. A vehicle is a must; money also helps cushion any setbacks.

### **Water**

Because of the climate, water plays a big part in Darwin living. Three super low-priced city council pools are very good value. But as most denizens are unknown to each other in Darwin, don't expect them to say 'hello' as you may in your home village. No, there is nothing wrong with you, but all are strangers to each other in places like pools.

Rivers, springs and streams just out of town also provide much-used swimming areas. Crocs are a problem in the rivers, so obey the signs and take all care.

Nearness to the sea is not as big a feature as one would expect it to be, you can't hear or smell it from the city. The beaches are very underused, possibly due to the abundance of stinger jellyfish from October to May. Darwin port is also underused as most of our cargo comes up on road trains. Two boat clubs on the waterfront, however, are very well patronised.

### **Woman's Perspective**

Life in Darwin can be tough on women, especially homemakers with little opportunity to take advantage of the many recreational, social and sporting facilities. Often neighbours are unknown and loneliness is a problem. Ants, cockroaches, heat and humidity are that much harder to cope with without established support networks of friends and family.

On the plus side, children do seem to have less colds than is expected 'down south'. There are good opportunities in the workforce for women and they often outnumber men in banks, schools, shops and offices. Pay is usually good, so when both partners are working they have some of the highest family incomes in Oz. One result of this is that people can afford to eat out quite often.

Women at home need a reliable car as it is often a long, hot walk to shops and other facilities, made even more difficult if there is a young family. The large chain stores are the same as anywhere else in Oz: Coles, Big W, K Mart and Woolies.

Children can find it hard to make new friends and may miss the folk they grew up with. On the other hand, sporting and recreational facilities here are very good for children. Many enjoy swimming and tennis and the flat terrain makes biking and skateboarding easy.

Housebreaking is common (don't know how this compares with other states) throughout the Territory, particularly in Darwin. Unfortunately, I think it is a top town in Oz for drunkenness and violence. These issues will naturally be of concern to people with families.

### **Industry and Commerce**

There is very little heavy industry so the air is not full of smoke. Most of the

material for sale is trucked up to stores and then to customers wholesale or for retail, so trucks are a big feature in Darwin. Trucks also do a super job feeding the 70,000 by supplying the shops with fresh food. Casuarina Shopping Complex has free undercover parking and per square metre is the busiest retail outlet in Oz.

The mining industry, both uranium and gold, provides many job opportunities. Workers I have spoken to told me the pay and conditions are very good.

### **Interests and Hobbies**

Facilities abound for all manner of recreational activities: tennis, swimming, football, squash, boating. Fishing plays a big role and many fish are caught by rod. Fishing tours come up from down south and they never want for a meal.

If you are interested in education, music, theatre, shooting, you name it, it's all here and well supported by a youthful population.

Nonetheless, the approximately 2000 over sixty-fives are well catered for, with pensioners getting thirteen perks, including a free economy return trip to any Oz capital city every four years.

### **Neighbours**

People are most likely to keep to themselves behind their fence and barking dog. It helps if you are a member of many clubs, societies or churches who may help you to settle in. You will get to know people, but don't necessarily expect to make quality friends with the diverse denizens of Darwin.

### **Newspaper**

The *Northern Territory News* in your newsagent/library, will give you a good picture of living in Darwin to enrich any features you are interested in learning more about.

At a later date I will write about holidaying in Darwin.

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# CLEAN, GREEN AND INEXPENSIVE

## Household Cleaners

by Pamela Odijk, Caboolture, Qld.

As one who suffers from asthma and hay fever as well as being prone to dermatitis (following childhood eczema), I need to be particularly careful about the environment in which I live. As well, being rigged out in lined plastic gloves and dust mask, or having to rub, scrub and polish in our hot Queensland climate is far from pleasant. I also like to use products which are environmentally safe for the sake of the environment. I have been searching for alternatives for some time and have now eliminated most commercial cleaning products from our house. Not only are the ones I make myself kind to me and my environment, but they are a fraction of the price of commercial cleaners and far more efficient. And while they mightn't make housework fun, they certainly make it easier and more pleasant.

If you decide to make your own be sure you carefully label all jars. I also write the 'recipe' on a large stick-on label, so it is handy when a refill is needed. Never re-use any of these jars for storing food items.

### Bathroom Tile Cleaner

This is especially good for cleaning shower tiles, but the tiles have to be completely dry, overnight is fine.

Mix 1 teaspoon borax, 2 teaspoons washing soda, 2 tablespoons white vinegar, 2 tablespoons of cloudy ammonia and 1 teaspoon of liquid soap in a pump spray container, add 2 cups of hot water and allow to cool. Shake before using. Spray onto dry bathroom tiles and wipe with a cloth. With very little effort, soap build-up is easily removed.

### Bath, Sink and Toilet Cleaner

In a large jar place half a cup bicarb soda and 1 teaspoon of cooking salt. Gradually add 1 cup of white vinegar, a little at a time as it will fizz and then subside. Leave the spoon in the jar so you can give the mixture a good stir before each use. Apply with a cloth and wash off with water.

### For Allergy-Free Dusting

Mix half a cup lemon juice with a small bottle of paraffin oil (about 1 cup capacity) in a large jar and shake well. Put a

little on a soft cloth and gently wipe over all kinds of furniture, shelves and ornaments. This picks up the dust and cleans the surface at the same time without leaving streaks. I can dust the whole house without sneezing using this. I keep my jar in the refrigerator – carefully labelled!

### Window Cleaner

Add half a cup of methylated spirits to a bucket of hot water and wash the windows with a cloth dipped in this. Use lined plastic gloves or rubber gloves if you have a sensitive skin. Wipe over with another clean soft cloth. This is also good for cleaning venetian blinds.

### For Economical Clothes Washing

Buy pure soap powder and add only half (sometimes even less) of the manufacturer's recommended amount, but add a quarter of a cup of washing soda. The washing soda softens the water so you need less soap powder. Incidentally, this

is all my mother and grandmother used before the days of detergents.

### Fabric Softener

Mix 2 cups pure soap powder with 1 cup methylated spirits using a dessertspoon in a large glass jar. You can add a little rose or lavender oil if you wish. Leave the spoon in the jar. Dissolve 1 dessertspoon of this concentrate in 1 cup of almost boiling water and add to each final rinse. Great for towels.

### Best Loo Deodoriser

Place a heavy glass or metal ash tray to hold spent matches, and a box of matches, in the loo. Strike a couple of matches and blow them out instead of spraying room deodoriser. But not if there are small children around who might be encouraged to 'play with matches' after observing this ritual.

### Silver and Copper

Place something aluminium in the bot-



Environment and health friendly cleaners can be made from these simple household ingredients. Do remember to label containers and store out of reach of children.

tom of the kitchen sink (I use the dividers from my pressure cooker or trivet used in the frypan.), three-quarter fill the sink with warm water and add 1 cup of washing soda. Place silver items (or copper items – I usually do the silver first) so they are submerged and touching the aluminium object, and leave them to soak for a few minutes. The tarnish simply floats off into the water, even from those difficult-to-clean places on ornamental candlestick holders for example. A final rinse under hot water finishes the job and makes things shine. Also, the items tend not to retarnish as quickly as when commercial silver or copper cleaners are used. You can clean silver teapots and jugs inside and out without any rubbing and polishing! My copper kettle and other copper ornaments have never looked so good, and they too stay bright for longer.

#### PERSONAL INSECT REPELLANT

Dissolve 10 drops lavender oil in 5 ml vodka, blend with  $\frac{3}{4}$  cup of water. Store in a tightly sealed bottle, or small pump atomiser for easy application.

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# HOOKED ON GOURDS

by Jose Robinson, Wild Cattle Island, Qld.

**In the last issue the Jessops described how to grow gourds.  
Now Jose Robinson shares some crafty ideas on what to do with them.**

When I was a small child my dad gave me my first gourd, or 'calabash' as we used to call them. The shape intrigued me, as did the rattle of the dried seeds within. Almost thirteen years ago I bought some gourd seeds. I planted them and harvested some interesting shaped gourds. However the largest was only about fifteen centimetres long. In more recent years, a friend from a nearby property grew a very interesting mixed variety of larger shaped gourds. Knowing I was a keen innovative basket maker, she gave me some of her gourds as a challenge, to see what I might make with them. After the first few experimental efforts I was hooked. The different colours, patterns and shapes are so fascinating.

I began to fashion all sorts of containers from gourds. Some I cut the tops off and, after thoroughly cleaning the insides of all the dried up pith and seeds, drilled small holes around the perimeter and added some coiled grass work. I've now been working with gourds for several years and, although I grow some myself, I rely on my friends to supply me with most of the larger varieties.

Gourds prefer a tropical, or frost-free subtropical climate. They like a fairly rich soil but require good drainage. They enjoy being grown on a fence or trellis of some kind, but don't care for a windy site. If left to their own devices on the ground, the symmetrical shape of the fruit tends to become distorted and some suffer from mould and mildew.

Around here, it takes about four months for the fruit to mature from the time the seed is planted. I usually plant my seeds around Christmas time, so by Easter they are about ready to pick.

## DRYING

One method of drying is to cut the neck off and keep the interior topped up with water until it can absorb no more. After hanging in a mesh bag for some weeks, the inside contents should have rotted sufficiently to be tipped out. Some help may be required from a long-handled



Jose displays some ornamental gourds and some crafted gourd items. Containers can be made lidded or unlidded for a variety of decorative as well as practical purposes.

wooden spoon or similar. The gourd may then be left inverted and put aside in a sheltered place to dry out completely.

Another method of drying is to hang one or several gourds together in a mesh bag in a shed or under shelter for several months after harvesting. Both the inside and outside will dry out. When completely dry you will hear the seeds rattle around inside. If you wish to leave the gourd whole, nothing further need be done except a bit of light sanding and/or varnishing of the outer shell.

For me, I like things to be useful as well as ornamental. I have heard of some people making musical instruments such as drums and sitars from gourds. I've had no experience in such things, but I did make a few small maracas for the grandchildren.

I dry my gourds by hanging them in a large mesh bag away from the elements. After a few months, they are ready for my next treatment.

## CRAFTING

With the help of Don, we cut the gourds mostly two-thirds of the way up, depending on the individual shape. We find an electric jig-saw with a medium blade does the job well. Of course we measure and mark the place to cut first.

Next I scrape out the dried pith and save all the seeds for future crops. Using a blunt chisel or large screwdriver, I scrape the inside residue still adhering to the sides. Then, using a very coarse sandpaper rolled up, I sand the inside as clean and smooth as possible.

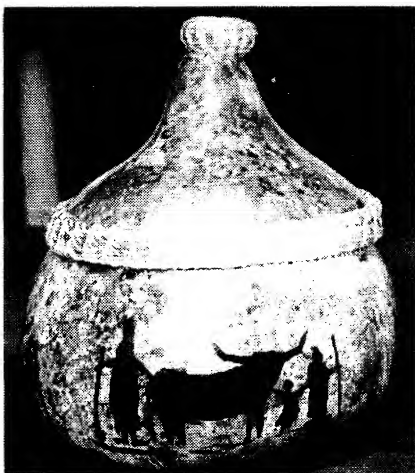
The outside of most gourds is usually covered with a powdery mould and surface marks. Some of these markings I find desirable to leave, as they add to the interest of the finished article. I usually sand carefully with a medium grade sandpaper, followed by a finer one, then finish off with a very fine glass paper or a wet and dry one.

Holes about 1.5 millimetres diame-

ter and approximately 10 millimetres apart are now drilled around the perimeter of the lid edge as well as the perimeter of the base edge. Using bundles of kunai grass, with raffia as a binder, I work about four to six rows around both edges, using a stitch called wheat stitch.

#### Wheat Stitch

Wheat stitch is another name for glove stitch. To work this attractive stitch, thread a thick needle like a bodkin, with a length of raffia. Working from the right side (this being the outside of the gourd) insert the needle through one of the drilled holes and pull the raffia through almost to the end, leaving sufficient to tie a secure knot. Tucking the short end under the work as you go, lash a bundle of approximately six blades of grass around the perimeter. This forms the first row. To begin the wheat stitch pattern, insert needle into first lashing and pull raffia through firmly. Pick up a couple of strands of the grass as well as the lashing, this makes for extra strength. Next insert needle into the same spot and pull raffia through. This has now formed a little 'v'. Work one complete row of 'v's using every alternate stitch. For the next and following rows insert needle into left side of 'v' and pull firmly. Now repeat this stitch into the same place. Carry on working spiralling rows until six or seven rows have been completed. As the work progresses keep adding more bundles of kunai grass, feathering the joins as you go. To finish off, feather the grass down to one or two strands and stitch raffia in over previous three or four stitches, then snip off close to work. This forms an attractive, firm edging.



Gourd items showing a variety of decorative finishes.

The grass work on the main part must slope inwards, following the contours of the gourd. The rows on the lid must slope outwards, so when the work is completed, the top fits snugly over the bottom like a well fitting basket lid.

#### FINISHING OFF

Now to finish off, I sketch silhouette shapes of various designs and patterns around the base and sometimes the lid as well. These I paint in black acrylic paint. When dry, the whole things gets a thin coat of clear polyurethane varnish to protect it. The ideas for decorating gourds are endless.

Often I use a hot engraving tool and bring up a relief design which is actually burned in around the gourd. This is called pyrography and it looks very effective. Books on this ancient art are available at most libraries.

A further idea is to dispense with the top of the gourd altogether and add a cane handle to the base, turning it into a

basket. This I do by first soaking a suitable length of thick cane for several hours in water. Then, after positioning the handle to the gourd, I mark the spot of contact and drill several holes in a perpendicular line through both the handle and the gourd. This handle may then be lashed on with raffia or linen thread.

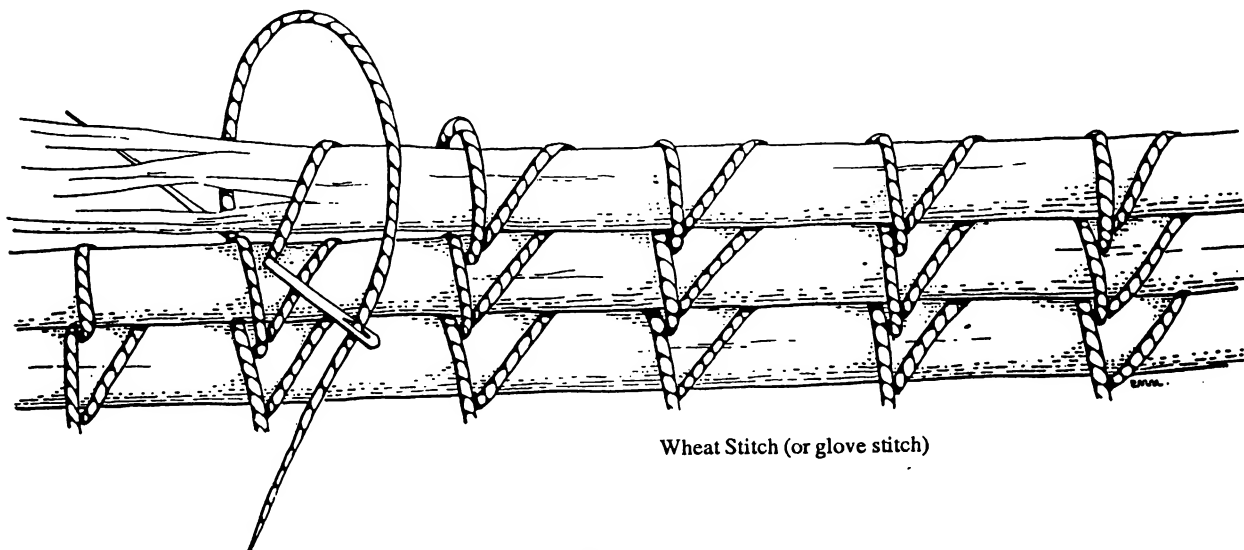
Many gourds have very long necks or handles and may even be trained while on the vine, to bend and twist in even more unusual configurations.

I believe there is one town in New South Wales which sports a Gourd Festival each year. Also there is an Australia-wide magazine called *The Gourdian* available in which people can exchange ideas, buy seeds, and generally get together on growing and using gourds.

#### Contacts

Gourd Father  
PO Box 198, GR, East Maitland 2323.  
Ph: 049-336-624.

The Good Gourd & Seed  
RMB 25, Bonshaw 2361 Ph: 076-531-327.



Wheat Stitch (or glove stitch)





When my wife and I agreed on making the move to our country property the first thing we did was to invite three real estate agents to give us a valuation on our Newcastle property. They came with all haste, and their valuations differed from each other by only relatively small amounts. What was exciting, was that they all said our place was worth more than we had thought. One agent gave us a range that was \$15,000 to \$35,000 above the figure I had thought.

Being normal sensitive people, and not greedy in the slightest, we signed up with the agent who gave us the highest valuation. And further, we accepted this agent's recommendation that we should go for an auction.

For any reader who may not understand the technicalities, the point about an auction is that there are auction fees to cover advertising and auctioneer payment that have to be paid regardless of whether a sale is made or not. Well, that is what we were assured by the agent. These charges were just under \$1000. We agreed on a date about six weeks away and soon there was a big sign in our front yard detailing the advantages of living in our house and area. When I read it, it almost made me want to stay, but I managed to overcome that feeling.

What are the advantages of an auction over an ordinary sale, you ask? The main one is that if/when someone buys at auction, there is no cooling off period, and the deposit must be paid on the spot. In effect, the sale is done then and there.

Another big advantage is that the house is only open for inspection for an hour or two a week at a specified time, usually on the weekend. This means that you will not have agents bringing prospects to view the house at all hours. The agent asked us to be away during the inspection times, so that people could

go through the house without feeling any awkwardness. It was a funny feeling to walk out of the house for the first time, leaving it wide open and in the hands of a couple of strangers, but we soon got used to it.

I must say that the agents worked very hard in the lead up to the auction to raise interest and to get people to attend. But I want to mention what I will call a strategy that was employed by our chosen agents after we had signed up with them.

You will recall that I said the valuation given by the agent was higher than we had thought our house was worth. About two weeks after we had signed the sale agreement, the chap who had been dealing with us brought his part-

ner in to look over the place, because, he said, 'She will be heavily involved in the sale'. This woman went through the house, sighing and shaking her head and making less than encouraging noises, and finally said that she thought we would be lucky to get anywhere near the bottom end of the valuation her partner had given us.

To say that we were deflated is a gross understatement. My wife, dear soul, had a little weep after they had gone, but I, being very alert and of a quick mind, woke up about a week later that we had been given the 'good cop, bad cop' routine. The first person gave us an inflated figure, and got us to sign a contract. Then, in order to condition us to a more realistic figure, the second person is brought in later and gives us the bad news when it is too late to withdraw. That is how it seemed to us anyway.

We were told that their commission (on top of the auction fees) was set by the Real Estate Institute and was not negotiable, but we found out later that everything is negotiable. We could have, and should have, negotiated a deal which suited us, not them. We could have made the auction fees conditional upon a sale, for instance, and we certainly could have negotiated lower commissions.



It wasn't till the auction sign went up that we realised how desirable our house in Newcastle was.



The dreams of what we could do to our new house with the 'extra' money expected from the auction dissipated with the realities of the marketplace.

One thing I did balk at was their request to have exclusive selling rights for three months after the auction. The agent had actually written that into the contract and thought we would just dumbly nod our heads, but I made him change it and reduce it to two months, a figure we were happy with.

So what happened in the end? Auction day came, and some of our children came along to see the fun. There were also a number of neighbours in for a sticky, which we didn't mind; we had been doing that ourselves for a week or two. But there were no serious bidders. The bidding lapsed before they got anywhere near our reserve price and the auctioneer quickly folded up his little podium, shook my hand and mumbled something about being sorry, and hurried off to his next lucrative effort.

There was one interesting moment just before the auction started – and I was ready for it. The agent who had given us the inflated valuation came to me and asked what our reserve price was. He suggested a figure that was lower than the bottom line of his valuation range. I fixed him with a stern and steely gaze and said, 'Just a minute. You told us that our house was worth much more than the figure you just mentioned. Were you not telling us the truth then?'. He had the grace to blush a little,

and mumbled something about we could set our own figure, which we did. It made no difference in the end, but I had my little moment of satisfaction.

Timing is very important and one cannot control many of the factors involved. When we signed up for the auction the market was quite buoyant in our area and houses had been selling well, but three weeks before the auction the government raised the interest rate by one percent and that was the end of selling houses for a while. Sales dropped off rapidly.

As it turned out, we sold our house in the fortnight after the auction to someone who was not even at the auction, for a figure \$4000 above what I thought the place was worth originally.

We had very mixed feelings when the place was sold. While dreaming about the higher figure we had been led to believe we could get, we had imagined all sorts of things we could do with the extra money when we got to our new place. As it was, all that extra dissipated with the realities of the marketplace and we barely broke even. Still, we were glad that our move had become possible and we were on our way.

So for what it is worth, my advice to anyone contemplating selling their house would be that unless your property is very different with unique features that

make it extremely desirable, don't go for an auction. It seems to me that agents like an auction because the seller pays for advertising costs that they normally would pay for out of their commission. But the most important thing we learned was that everything is negotiable, although they would like you to think otherwise. And if they say they will not enter into an agreement with you on the basis of what you propose, then smile sweetly and tell them that as sorry as you are not to be able to do business with them it doesn't really matter, as there are twenty-five other agents lined up at the back door waiting to sign on the dotted line. You will be absolutely amazed at how the impossible suddenly becomes possible.

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# I WISH SOMEONE HAD TOLD ME ABOUT: The Right Place For The Chooks

by Robyn Leah, Jiliby, NSW.

I wish someone had told me about the disadvantages of locating the chook house so far away from the house.

In theory it may seem the right thing to do, but speaking from experience, definitely the worst. As far as keeping the smells, flies and chooks away from the house it's a great idea, but otherwise, let me explain.

My husband Colin and son Julian and myself decided to rent an old farmhouse and try our hand at being self-sufficient for a year or so. There was already an old chook house located about 60 paces from the back door. (Believe me, I know, I counted those steps often enough.) We decided to use the existing chook house for assorted chooks and our two ducks and one drake and a couple of bantams.

To begin with it was great, summer weather, no flies and better still no chooks inside the back door. But come winter, well, that's another story I wish somebody had told me about.

It wasn't long before we got the rain and I can tell you that chook house never seemed so far away from the house as I trudged all the way down there with a bucket of greens in one hand, the old umbrella in the other, cursing the two men of the house who, at this ungodly hour in the morning, were still sound asleep in bed not hearing the squarking and quacking coming from the backyard.

I cursed even more as I fumbled with the lock, spilt slop down my leg and tilted the umbrella so that the rain from it ran down the back of my neck.

I cursed even louder as the wet chooks scrambled past me, wetting my legs as they went and didn't even thank me for all my trouble. I wish somebody had told me what a nuisance it would be having the tap located so far away from the chook house that I had to carry their water by bucket every day to refill their dishes.

I may have complained about the rain, the wet, the cold and so on, but I never thought how hard a job it would be to find the chook house in a fog! At least in the rain I could still see the chooks, but in a fog I had to be guided by their sound.

And of course nobody told me about the fright I would get when I lifted the laying box and had a couple of mice jump out at me, did they?

Nor did they tell me that chooks sometimes give false alarms by cackling when they haven't laid as well as when they have. Or that they love to push the wire up and get out and lay their eggs in the most unlikely places. The favourite location being under the house, where you find them six months later when they start to explode and you are wondering why your kid's room stinks when his joggers are outside, and you find twenty eggs so far under the house you can do nothing about it until the last of them has exploded and the smell has left of its own accord.

Of course, not to be outdone by that, another chook politely died under the house and that was worse still. But, I wish someone would have told us how much we'd miss those darn chooks when we left our old farmhouse.

But still, all is not lost as it made us realise that it was the life for us after all. Next year we hope to be in the same situation again and then if I do curse the chooks, I'll do it with a smile on my face.



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## PESTICIDE PROSECUTION

A Coffs Harbour aerial spraying company has become the first in Australia to be convicted under the Pesticides Act in the Land and Environment Court (Sydney) after being prosecuted by the EPA. Since the EPA took over responsibilities for pesticides last year it has initiated a number of prosecutions. In the Coffs Harbour case the pilot was found guilty of spraying pesticide within two

metres of a house at Bowraville. The director of the company was also convicted for having given the instructions and being in control of the pilot. EPA Director General, Neil Shepherd, is reported as saying that the EPA is determined to see that pesticides are used responsibly and without harm to people and the environment.

## NEW CHEMICAL REGULATIONS

Landcare and other community groups should be aware of their responsibilities before undertaking activities using S7 and some residual and ester formulation chemicals.

From August 1, 1996, people or groups wishing to use the following agricultural chemicals must obtain an Agricultural Chemical Users Permit (ACUP) from the Department of Natural Resources and Environment or be under the direct supervision of a person holding a permit:

- Any schedule 7 poison (eg Diquat, Endosulfan, Paraquat, Parathion, Omethoate);

- Atrazine, metham sodium and ester formulations of MCPA; 2,4-D; 2,4-DB.

To obtain an Agricultural Chemical User Permit you must have completed the required training programme, such as a Farm Chemical User Course (FCUC) for your industry, or a recognised equivalent.

The user must also hold an insurance policy for at least \$30,000, including liability cover for property damage and bodily injury.

The Victorian Farmers Federation has been facilitating Chemical Users Courses over the last 18 months.

The three-year licences are available from the Department of Natural Resources and Environment at a cost of \$38. Once one person in a Landcare group has obtained his or her licence, they can supervise other group members undertaking projects which require the use of these chemicals.

For more information on the Chemical Users Courses, contact Mim Monkovitch at the Victorian Farmers Federation on 03- 9207-5555.



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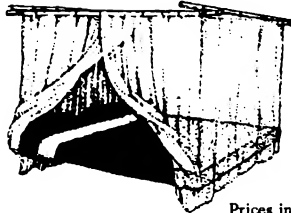
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# FUN WITH RUBBER STAMPS

by Judy Magor, Devonport, Tas.

Make your own Christmas cards using this popular technique.



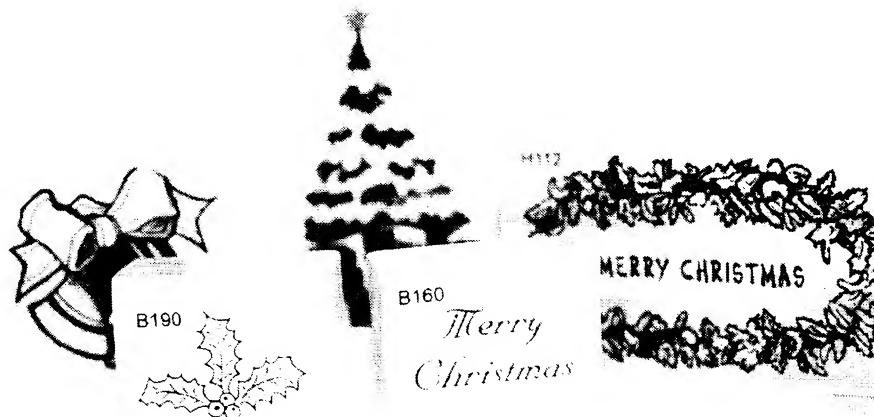
Have you ever paused at the stalls selling rubber stamps and told yourself that you could save a fortune by making your own greeting cards using rubber stamps? If you have done your sums then you will have realised that you could buy several dozen cards for the price that you would have to pay for a couple of stamps and an inkpad. You can save by making your own cards, and well crafted cards are a pleasure to receive, but stamping can be quite expensive unless you think before you buy. With careful selection it is possible to produce quite a variety of cards with a minimum of outlay but, be warned, stamping can be quite addictive! The most basic needs to start stamping are stamps and ink.

## BASIC NEEDS

### Stamps

If you are buying stamps select ones which can be used in a variety of ways. I find that I keep coming back to a few favourites – a seated cat, a spray of maidenhair fern and a single pansy head – because I can use them in so many different ways. If you have attractive handwriting you can write your own greetings on the front of a card. If not, then a greeting stamp would be a valuable addition. I have a 'Best Wishes' stamp which I use on all sorts of cards. Recently I saw a stamp with the words 'With Love and Best Wishes' arranged in a way that by masking half of the stamp it was possible to print either half of the words – a very useful stamp for the same price as a single greeting stamp.

Watch the quality of stamps. Occasionally a cheap stamp will give a very satisfactory result but generally price and quality go hand in hand. For the best results the image should be clear cut and not too shallow. Stamping shops will generally show you a print of a stamp before you make a purchase but



don't expect craft shops which only carry a small stock to do this.

You don't have to purchase stamps at all! Printing with rubbers (erasers) will give some interesting effects: an oblong rubber will produce bricks for a brick wall or pathway, the rubber at the end of a pencil will print good circles. Try carving pieces out of the rubber to create other interesting effects. Just remember to keep the cuts simple, use a sharp cutting tool (wood carving tools work well), don't undercut the shape you carve and watch your fingers! Foam rubber can be cut into shapes, mounted on to a piece of stiff clear plastic using a white craft glue and used to stamp images. The rigid plastic used in bubble packs is quite useful as the backing sheet and allows you to position the stamp in exactly the place that you want it to be. All sorts of objects such as the ends of cotton reels or lids of bottles can be used as stamps, with varying results, so it is worth experimenting.

### Inks

The easiest way to ink your stamp is to use a ready-inked stamp pad. These can be purchased as a single colour or as

divided pads for both inks and pigment inks. They cost from about \$8 for a single colour pad to over \$20 for a long pad with a dozen or so strips of toning colours arranged side-by-side.

There are cheaper alternatives. Bottles of coloured inks can be purchased and the ink used to dampen a pad of soft fabric or felt in the base of a small plastic container. A margarine container will do. Replace the lid after use and the pad will stay moist for a very long time. Buy several bottles of stamp ink and mix your own colours.

red	+	yellow	to make green
red	+	blue	to make purple
blue	+	yellow	to make green

If you share the cost of bottles of ink with several friends you can end up with a good range of colours for the price of one bottle of ink each.

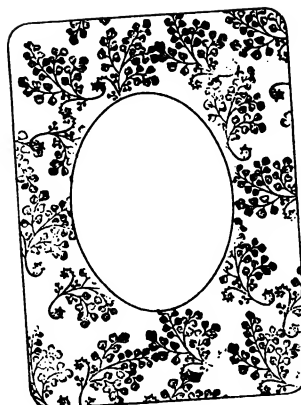
Pigment inks are thicker and slower drying. They come in small cubes or 'cat's eyes' as well as the larger pads. These cubes have a raised inkpad and are pressed on to the stamp so that it is quite easy to cover a large stamp with a small inkpad. Because they are slow drying, embossing powders can be sprin-



A couple of different stamps imaginatively used can create a variety of designs.



A greeting stamp is a wise buy if you can't trust your handwriting.



kled on to the stamped image, the excess powder shaken off and the image held over a source of heat such as the top of a toaster until the powder fuses. Pigment inks can also be used on semi-absorbent paper if you do not want to emboss them. However, if they are used on glossy paper they must be embossed or they will smudge. Cubes and cat's eyes come in a good range of colours and cost less than \$5 each.

Colourless embossing pads are available and generally recommended if you want to emboss solid colours such as silver or gold. You can use your coloured pigment pads when embossing but some of the colour may show through after the heating is done. This can produce some lovely effects but rather spoils things if you were wanting a plain gold effect.

The cheapest way of all to start printing your stamp images is to colour the surface of the stamp with water-based textas. When you have finished the colouring breathe on the stamp to re-moisten it and then stamp on to your paper. This method allows different parts of the stamp to be coloured individually.

#### Paper and Card

Most craft shops sell a range of folded blank cards. Some printers sell packs of cards at a much cheaper per unit cost, although you may have to buy fifty or more cards at a time. Good quality paper can be folded in four and used as a card or you can purchase card from a newsagent or office supplies shop and cut it to the size required.

### BASIC TECHNIQUES

#### Stamping

Press the stamp firmly on to the ink pad and then on to the surface on which you wish to print the image. Be careful not to move the stamp once it touches the paper or the image will be blurred or

smudged. Lift the stamp off carefully. If you have used pigment ink and do not want to emboss it, leave the card to dry. Remember, glossy card must be embossed when you use pigment inks.

#### Embossing

Press the stamp on to an embossing pad or pigment pad and then on to paper. Remove the stamp and sprinkle the image with embossing powder. Shake the powder over the surface of the image until the image is completely covered. Shake the excess powder off on to a piece of paper which has been folded in half and re-opened. (This makes it easier to return the excess powder to the container.) Now hold the image above a source of heat such as a toaster or an upturned iron and watch the powder change colour as it fuses. Remove the paper from the heat source as soon as fusing is complete as overheating can dull the colour.

#### Masking

Three dimensional effects can be achieved by masking. Print a stamp with a clear outline on your card. Print a second image on a piece of scrap paper and cut it out. Now place this cut-out image exactly on top of the image on your card. Re-ink the stamp and position it on the card so that part of it overlaps the paper cutout. Remove the stamp and the paper cutout and you should be left with one image appearing to be behind the other.

#### Cutouts

Stamp an image on to paper, emboss it and cut it out. Colour with textas, pencils or watercolour paints and glue it onto your card. This gives a different kind of three dimensional effect on your work. You could, for example, draw a basket or vase, or cut a vase shape from coloured paper and fill it with cutout, embossed and painted flowers. Butterflies can be glued in place under the

body allowing the wings to be lifted above the surface of the card. Small pieces of double sided poster mounting tape behind the stamped image will increase the three dimensional effect.

### JUST HAVING FUN

Experiment on scrap paper and keep a file of ideas that you like. Here are some ideas from my own collection using just three stamps for a variety of effects.

Print a maidenhair fern in several colours in an all-over random pattern on a card. Overprint with a greeting stamp and emboss with gold.

Cut an oval from the centre of a piece of paper. Place the piece of paper on the card and overprint the fern in the oval opening as suggested above. Remove the paper mask and outline the resulting fern patterned oval with a gold pen. The reverse effect is achieved by placing the oval piece of paper on the card and printing all around it. Try cutting out circles, heart shapes and other shapes.

Draw a lightly pencilled circle on a card and print the fern in a wreath design around the circle. Try cutting out a circle of coloured paper about one centimetre wide and with an outer diameter of about eight centimetres. Glue this to the card and then print the fern wreath over the top of this.

Press an ink cube directly on to card. Emboss if you like. Use the shape as a square vase and fill it with stamped ferns and flowers.

Use a small flower stamp to cover a large pencilled initial. Use the masking technique to make the flowers appear to be behind one another.

The possibilities are endless and obviously increase as you add to your collection of stamps. Start slowly and as you learn the different ways in which you can manipulate and use stamps you will be better able to choose wisely when it comes to buying a new stamp.

# PREPARING POULTRY FOR SHOW

by Megg Miller, Euroa, Vic.

Last issue, a regular reader of GR wrote about the enjoyment and benefits derived from exhibiting poultry. Judy Witney discovered when she looked into the poultry 'fancy' that there was more to exhibiting birds than just turning up at the local show with a couple of entrants. The local poultry club introduced her to an array of friendly breeders willing to advise and supply stock. It was surprising she concluded, that more new settlers in rural areas didn't take up this absorbing hobby. Judy's suggestion is an excellent one. Personal benefits aside, you have the opportunity to meet people in an informal situation and your presence and assistance does much to foster acceptance.

What then is involved in exhibiting a species like poultry? With other forms of domestic farmstock a pedigree system is in operation and you are aware when purchasing stock whether or not they have registration papers. Only registered stock can be shown. With poultry it is not so clear cut because of the absence of the pedigree system. Usually only purebred poultry are entitled to be shown and at present the criteria – in the form of a breed standard – is found in the book the *British Poultry Standards*. Breeders and judges use this as a guide, the latter working with the scale of points set out for each breed. The BPS is soon to be replaced by an Australian book of standards, and this will become the accepted criteria.

If you decide you would like to exhibit you will need to have purebred fowls and one or two venues in your district to show at. People are generally informed when they buy or are given fowls whether they are a pure breed or not. Usually confusion occurs over the hybrids and their lookalikes. Some folk erroneously think they have Australorps when they purchase the black plumaged hybrid. Rhode Island Reds and White Leghorns are also confused with the red and the white feathered hybrids.

An ideal venue for your initiation into exhibiting is the local (or regional) annual agricultural show. First you will need to obtain a schedule from the show secretary so you can peruse the classes

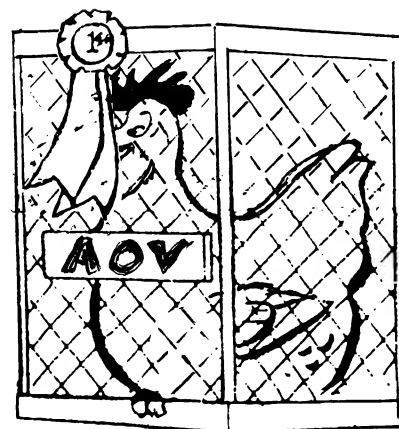
offered. You can expect to see most of the popular breeds listed with individual classes, then the rather perplexing AOV. This refers to any other variety (or breed) not listed, and if your breed is not listed then this will be the class you enter your bird(s). Don't forget to get your entry off in good time (with appropriate fee).

Some form of preparation should take place. It may come as a surprise to find out that birds are not just plucked out of the fowlhouse the evening before, or even the morning of the show. Serious exhibitors actually pen train their birds before the event as well as washing plumage and cleaning legs and feet. This may sound like a lot of work but there is a side to pen training that should be considered. It is incredibly stressful for a bird never handled or caged to be suddenly forced to endure these conditions, plus cope with the noise of the show and the poking and prodding of inquisitive children. A bird familiar with the constriction of a cage and with being handled by the judge will present itself better than one that is wild and frightened and cowers in the corner.

## PREPARATION AND PEN TRAINING

A couple of weeks before the show you should choose your entrants and start to prepare them. You need to be able to contain them in a coop or large cage and for this I use converted tea chests placed on their side. A perch of large dowel should be inserted through the sides (a few centimetres off the floor) and a water container may need a flat iron holder so it isn't continually knocked over. A door can be constructed from pine lengths covered with 13 mm weldmesh and secured with hinges and a clip. Later the tea chest can double up as a carrying box, minus the perch and the water container, for transporting your entry to the show.

Your fowl will be nervous and flighty when first put into the tea chest, particularly when approached. It will quieten down in a short time if you carry out your initial familiarisation after dark. Visit the bird each evening by torchlight, opening the door and gently run-



ning your hand over its back and breast, all the time talking quietly in a reassuring voice. Make one or two visits during the day, crouching down so you are at eye level and talking quietly to the bird. Conclude these visits with a little treat, a crust or a piece of apple. Soon the bird will associate your appearance with treats and start to welcome you.

When the bird is shown, the judge will probably use a fine judging stick which he/she will run over the backline or use to encourage the bird to stand correctly. You should introduce your entrant to this process so it will not be terrified on the day. Use a very fine stick that will pass through the weldmesh – the very sight of it will probably upset the bird. Once it is used to seeing the stick, you can commence to run it gently over the back, and along the breast, finally using it to lift the head a little higher or stand the bird upright. Offer a reward at the conclusion of each short training session. Continue until you can open the door of the tea chest and run the stick over the bird without it attempting to leap into your face.

Evening handling could still continue, using this time to check around the vent area for evidence of lice or mites. A good dust with a safe insecticide like Pestene is a good cautionary measure. Check legs too for scaly mite. If they are rough and scaly you will have to treat them pronto with a mixture of half a cup of cheap oil to which a few drops of kero have been added. Scrub legs first with warm soapy water, dry with a towel, then apply oil mixture with an old toothbrush. Repeat about every third night

until the condition disappears. Feather damage around the vent from external parasites and scaly legs are frowned upon in show circles so every effort needs to be made to eliminate them before the big day. Also check the length of toenails. If they are long then clip with dog claw cutters or foot cutters used for sheep.

Once you have established rapport with your bird and it no longer fears you it can be allowed access to grazing and a dust bath. Do not try and reintroduce it to the flock. Scrapping may develop over peck order or, if it is a female, it will be enthusiastically welcomed by the rooster. The end result may be a scratched and bloodied comb and badly damaged and broken plumage. A few lengths of pine and some wire netting can quickly be nailed together to form a wire coop which can be moved around the lawn or garden. The exercise gained from scratching will help keep the bird fit and access to green grass will maintain good health. If sleeping quarters are not included in this coop return the bird to the tea chest at night for protection from the weather and predators.

One quirk of poultry showing I should have mentioned earlier is determining whether the bird is hard or soft feathered. The game breeds – Malay, Pit, Australian, Modern, Indian and Old English Game are all hard feathered, while the rest of the purebreds are soft feathered. Is it important to know the difference? Yes, because the requirements for feather quality differ markedly between the two categories. Hard feathering is tight and close fitting with extraordinary lustre. Individual feathers are brittle and easily broken, with an absence of fluff at the base of the feather. Hard feathered birds were used for fighting in the past and so condition or 'handling' is evaluated in the show pen along with other characteristics. A specific diet is given to hard feathered breeds to develop the tight, brittle shiny plumage and to maintain the fit, firm corky body. The soft feathered breeds have looser plumage which is not dependent on a particular feed regime.

### FEEDING THE SHOW BIRD

The diet for hard feathered breeds is based upon mixed grains with a high oil content. Wheat, barley, cracked corn, milo and sunflower seeds are all favourites, together with fresh greens. An oc-

casional lean, uncooked bone adds interest and balances out any protein shortfall. The soft feathered breeds may be fed layers mash or pellets and finished off the last week before the show with grains instead of pellets or mash. Ensure your bird is not gaining unwanted weight or, conversely, shedding grams that it needs to make the desirable weight for the breed standard.

### MUST I WASH THE BIRD?

It is absolutely necessary for white plumaged birds to be washed because they stain so easily. If your coloured bird has been kept in a clean coop or tea chest for a couple of weeks you should be able to skip this demanding activity. Washing is usually carried out a week before the show so the feathers have time to settle back in place and the natural oils return. Ideally, washing should be carried out on the verandah where messiness is unimportant. You will need three or four bowls, towels, baby shampoo, and Blue if you have white plumaged birds. The idea is to gently wash in the first bowl, rinse in the second and third, and add Blue or a coat conditioner to the final rinse. Do not scrub feathers but gently sponge, and take advantage of the lukewarm water to clean legs and feet at the same time. Wrap bird up in a towel until most of the water has been absorbed and leave it standing in a clean sunny place to dry off. If you decide to bring the bird inside to the heater to hasten the drying process, be prepared to keep it inside for several hours, taking it from the heater to a cooler room and then an unheated one. If you take it from a very warm environment out to a cold one your little champ may succumb to a chill. A little oil on the legs after drying will bring back the gloss lost during washing.

### ON THE DAY

The preparation required on show day should be minimal. A damp sponge run over legs and feet, plus the feathers under the vent if they have been soiled, is recommended. Then dab a lightly oiled cloth over the comb and wattles, so they look bright and healthy (but not oily!) and rub this same cloth down the legs and feet, so they too have a healthy sheen. Some exhibitors keep a square of silk and lightly run this over the plumage to enhance the natural shine. It is best not to offer feed before judging as a

full crop can distort the shape of the breast and lead to a loss of points. Take some grain along and give it to your bird after the place cards are awarded, plus a margarine container for water.

The trip to the show should be as direct as possible – forget about shopping on the way. The tea chest, stood up vertically so it is dark and restful, is an ideal receptacle for carrying your bird. Partially cover the top with a towel to achieve darkness and to discourage nervous jumping around when the car engine starts up. On arrival at the showground seek out the poultry pavilion and the stewards, the latter should direct you to your particular cage. Rub the silk cloth over your entrant, and mutter the old maxim, 'break a leg for luck'.

It is essential to take the results with a grain of salt: win, lose or disqualified. If you have enjoyed the preparation and training, consider following Judy Witney's advice and join a local group. You will benefit greatly from the knowledge that abounds. Ask at the show for relevant details. By midday judging is usually concluded and place cards pinned up; now is the time to feed and water your entrant. Around 3 – 4 o'clock you will be told you can remove your birds. In small shows this is unsupervised but larger ones usually require the approval/assistance of a steward. Put your bird back in the tea chest when it arrives home and reward it with a special treat as well as the usual evening meal.

### AFTER THE SHOW

The wise show person keeps its entrants isolated from the main flock for about 10 days to minimise the risk of passing on any infections picked up at the show. When you are ready to reintroduce your bird, remove another one from the flock and keep it isolated for a day or so. This may sound a bother but it is to ease the reintroduction of your show bird back into the flock. The latter will bully a single bird unmercifully but are kept busy when there are two (or three) to hassle. Introduce the birds into the hen house in the evening, so the flock all wake up together, and put in some green feed, half a pumpkin, old bread or similar as a diversion. With these simple steps your show bird should soon forget the excitement of its other life and settle back into the everyday world of the farmyard.



# PLANNING TO BUILD ON OUR TWO ACRES

by Susan Hands, Innisfail, Qld.

We had signed the first document to buy our land and been out to look it over at least six times. We had also worked out its exact aspect – which part faced north and which south, etc. We receive most of our steady rain from the south-east, and true, with low pressure cells, it can come every which way, but generally the rain comes in from the south-east. So do our breezes, so we would need to face the house to catch the south-east breezes, but place a verandah along that side to stop some of the driving rain.

'Done,' said Howard. 'Now, what else do we want in our retirement house?' 'What can we afford, you mean?'

He nodded.

'OK,' I returned. 'You tell me what we have to have, according to the council, and we'll go from there.'

Apparently, before we could move into Our House, we would be required to have a Certificate of Occupancy, which entailed the following:

- All wet areas have to be waterproofed.
- Reticulated water.
- All sanitary systems installed.
- A least one bedroom separate from the rest of the house, or you have to have an enclosed kitchen.
- The building has to be made weather-proof.
- The building has to be structurally adequate for your given area.
- No less than sixty square metres of building.

With these needs in mind, we set out to design our retirement home.

Everyone has a different 'ideal home'. To some, their ideal is a mishmash of every picture they've ever pored over in *Home Beautiful*; to others it's what their neighbour has, plus a bit more. However, it doesn't matter what you have set up as your ideal, for homes always end up being a compromise. One that begins with exactly how much you have in the bank, or exactly how much the bank will have out of you.

We settled for two bedrooms, lounge/dining, kitchen, bathroom/laundry and with a verandah along the eastern side – when we could afford it, for at this late

stage in our lives we did not intend borrowing.

The house was to be timber framed on steel stumps. The steel stumps would save on soil tests (compulsory in our district with concrete slab-on-ground construction) and they would save on termite protection as termites do not climb steel stumps. Not to mention the fact that steel stumps are easily manageable for a couple of people straddling middle age.

As overheating is one of the major problems in the tropics, a house should be designed to allow unbroken movement of any and all breezes. This is possible even on a small budget. The old Queenslander epitomised the right idea – raised floors with large well-ventilated areas underneath. If you don't want the height of the old Queenslander (and this does increase construction costs) 30 centimetres above ground level will do, so long as there's room for breeze circulation. Our house, set as it would be on a hill slope, was to be 30 centimetres above ground level on the road side, rising to 1.8 metres above on the eastern extremity. Plenty of room for that cooling breeze.

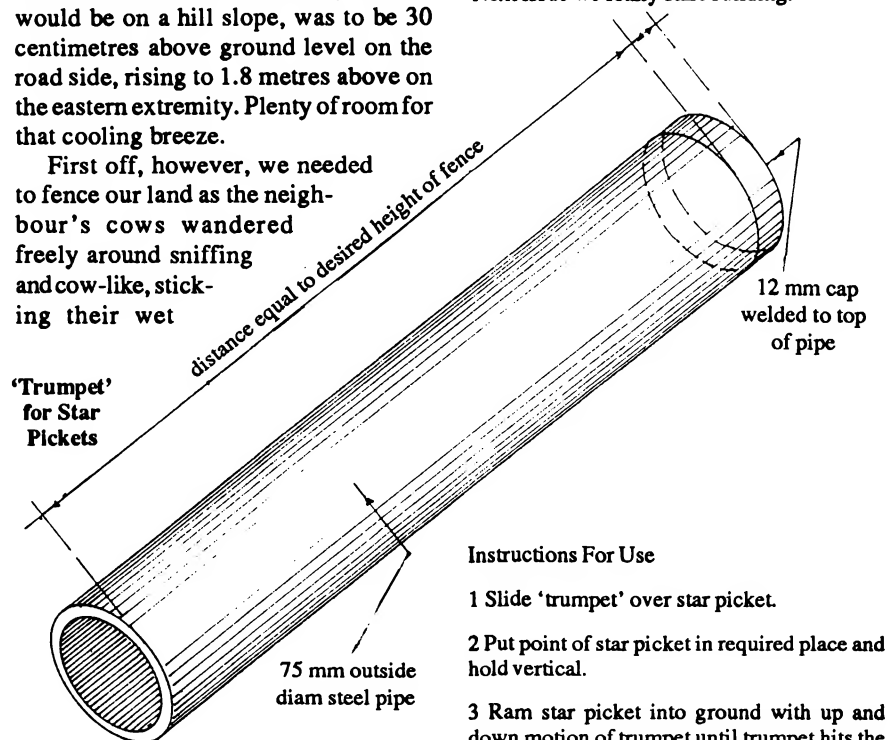
First off, however, we needed to fence our land as the neighbour's cows wandered freely around sniffing and cow-like, sticking their wet

noses into everything. The average cow seems to be partial to watermelon, and some of them don't mind the odd nibble on the straw picnic basket, though it confuses them somewhat when the handle catches over their ears. We intended eating lunch at twelve-thirty: by two-thirty, when the cow finally shook the basket free, we'd really given up thoughts of food. A fence, then, our kingdom with a fence.

As Howard had his own level, we had no problem establishing a straight line between the survey points. For ease in hammering star pickets, we asked an engineering works in town to make up a trumpet which they did at a cost of \$30.

Between the pickets, we strung four strands of barbed wire and two days later we had our erected fence. No matter where we travel in this world, we feel that that fence will be part of us forever for on any number of those barbs we certainly left parts of us.

Next issue we really start building.



## Instructions For Use

- 1 Slide 'trumpet' over star picket.
- 2 Put point of star picket in required place and hold vertical.
- 3 Ram star picket into ground with up and down motion of trumpet until trumpet hits the ground.
- 4 Remove trumpet and start on next fence post.

# CHRISTMAS PUDDING TIPS

Whether you use a basin or a cloth, these tips will help make your Christmas pudding a success.

## Waterproofing The Cloth

Soak calico cloth in cold water overnight, then boil for 20 minutes. Dry. When ready to use, hold two ends of folded cloth and dip the centre in boiling water. Wring out well, using rubber gloves to protect your hands. Spread out the cloth and sprinkle with  $\frac{1}{3}$  cup plain flour. Rub flour into cloth leaving the coating thicker in the centre.

## Cooking The Pudding

Ensure the water is boiling before placing the pudding into the pot. The water should come halfway up the side of the basin. Never let the water go off the boil or the pudding will be too heavy and dense. When topping up the water use only boiling water.



## Easy Removal Of Pudding

If using a pudding basin, tie string around the outer rim and across the top to form a handle. Alternatively, put the basin in an oven roasting bag. Leave the top open. Either way will make its removal from the boiling water easier to manage and reduce the risk of burnt fingers.

You can find two delicious Christmas pudding recipes in *While the Billy Boils*, GRs 99 & 100.

*Everything in life is most fundamentally a gift. And you receive it best and you live it best by holding it with very open hands.*

# DROUGHT HARDY VEGETABLES

The Seed Savers' Network has compiled a list of vegetables that performed well for their member growers during the drought. Beans and other pulses seem to top the list. By choosing from the list, you may have a better chance of establishing a vegie garden in a dry or drought affected area.

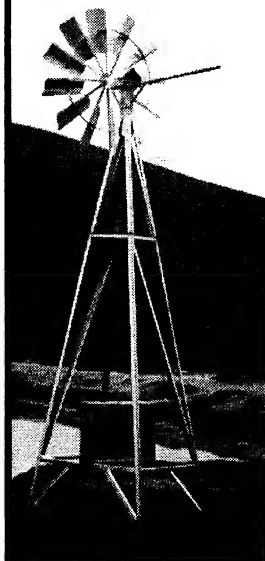
- Tepary, snake & zebra beans
- pigeon pea
- cow peas (black-eyed Susan, O'Dham)
- amaranthus
- New Zealand spinach
- orach (red and green)
- Malu Khia (Egyptian spinach)
- Italian & Brown Romaine lettuce
- Budiar & Peruvian cherry tomato
- luffa
- chilacayote
- Champagne watermelon
- Bob's cucumber
- tree onions

Details on accessing seeds are available by subscription. A one year subscription is \$20 and can be sent to: The Seed Savers' Network, PO Box 975, Byron Bay 2481.

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## RUNNER BEANS

by Bill Hankin, W-Tree, Vic.

When the Spanish invaded the Americas in the 16th Century they discovered civilisations growing an incredible range of domesticated crops not known in Europe, Africa or Asia. Among them were corn, squash, cocoa, tomatoes, chillies, potatoes, sunflowers, amaranth, vanilla, quinoa and beans.

Four different but related bean species were grown by the Amerindian societies as domesticated crops: common beans (*Phaseolus vulgaris*) lima beans (*Phaseolus lunatus*), tepary beans (*Phaseolus acutifolius*, var *latifolius*) and runner beans (*Phaseolus coccineus* syn *P. Multifloris*). Over many generations hundreds, perhaps thousands, of different cultivars of these species were selected and bred by Amerindian farmers and gardeners as major food crops.

Runner beans are native to the cool, misty, mountain regions of tropical Central America: Honduras, Guatemala, Nicaragua, El Salvador, Costa Rica, Panama and Mexico. It was probably in these areas that runner beans were first used and then deliberately grown and bred as a food crop. There are a number of different runner bean cultivars available with very ornamental red, pink, white, or, rarely, red and white flowers. The flowers can self-pollinate but they need to be 'tripped' by insects for this to happen. The flowers produce a fair amount of pollen and nectar in order to encourage insect visits but this also leads to cross-pollination.

This can be a problem for anyone saving seed of runner bean varieties. Common beans (*Phaseolus vulgaris*) are almost always self-pollinating and breed true each year. Many Australian gardeners in the past have thought that runner beans were the same and have lost named varieties as a result. This has happened to me. Some years ago I grew a variety called Best Of All about 15 metres away from another variety called White Monarch. I saved some seed from the Best Of All plants and grew them out the following year. They all produced pods similar to the White Monarch.

The best way to avoid this cross-

pollination problem is to separate the plants of each cultivar by at least 50 metres. Otherwise the flowers can be 'bagged' before they open to prevent cross-pollination. Bagging is covering the flowers with bags made from row cover. You can also use the interfacing fabric used in sewing.

Runner beans are different from common beans in a second way. They are perennials not annuals. Frosts will kill back the foliage to the ground in late autumn or winter, but the plants will grow back from the root tubers the following spring. This is why they are sometimes called Seven Year beans. They don't have to be replanted each spring which makes for less work. The *Seed Savers Handbook* says that the root tubers are also edible but Sturtevant's *Edible Plants of the World* mentions that they are poisonous so I have not tried them out.

Because they originate from the cool mountain regions of the tropical Americas they do not cope well with hot, dry, windy conditions. They will grow and flower but they will not set pods or seed. If you are trying to grow runner beans in a hot area, plant them where they will get some protection from hot sun and winds. I know of some gardeners in warmer parts of Australia who grow their runner beans on the southern or eastern side of buildings so that they are protected from afternoon sun and hot winds. Naturally, in the cool summer areas such as we have at W-Tree my runner beans thrive and also flower and set seed well into the autumn when all the common beans have died off because of the cooler weather. I think this is why they are so popular in very cold climate areas like the United Kingdom where many gardeners grow Scarlet Runner beans every year.

I use the pods when they are small and tender just like other green beans. However, the pods do develop and form seeds. When the pods have started to dry off and the seeds are plump and well formed, shell them out. They cook in just a few minutes. They taste great if steamed and then finished off with olive



oil, garlic, rosemary, salt and pepper. When the pods and seeds have dried off completely in late autumn and winter I shell out the dried beans into a jar. Before use in cooking they need to be soaked overnight. I use them in soups and stews with other beans. I have also on occasion used them for Mexican style refried bean dishes.

There are 37 cultivars of runner beans available from seed companies in North America. Most are climbers but some are dwarf types specifically developed for very short season areas. Here in Australia the range of varieties is much more limited and they are all climbing types. Following is a list of the varieties I have compiled for the Heritage Seed Curators Association Australian Garden Seed Inventory Project over the past four years.

**Black Seeded:** Very rare vigorous climbing runner to four metres with lots of scarlet flowers; produces pods 26 centimetres long and two centimetres broad. The pods are green splashed with red markings. The large seeds are completely black and need to be dried thoroughly

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before storing to ensure germination.  
Seed available via HSCA.

**Bullabun:** A very rare Ukrainian cultivar brought to Australia in the 1950s by Ukrainian migrants who settled around Dandenong in Victoria. Seed in limited amounts available via HSCA.

**Butterfly Runner:** (AKA White Butterfly) Very rare strain of white seeded runner bean. Grows to two metres. Pods are 12 centimetres long and crescent shaped. The Law Sumner catalogue of 1915 says that this variety surpasses the old Scarlet Runner for its vigorous habit and beauty of flowers. Seed available via the Seed Savers Network.

**Italian White Seeded:** Cultivar brought to Australia in the 1960s from Italy. May be a form of White Monarch. Seed in very limited amounts via HSCA.

**Orange Flower:** Rare climbing runner to two metres. The flower is supposed to be orange rather than scarlet but is very close to being identical. Seed is mainly pink with a few black specks. I obtained seed of this from the Seed Savers Network in 1991.

**Painted Lady:** Very rare runner bean; grows to 2.5 metres; not very prolific. Very ornamental as the flowers are half scarlet and half white. Seed is also distinctive: mostly deep brown with cream-white patches. Offered by Diggers Seeds and also available via HSCA.

**Scarlet Emperor:** Vigorous variety originally developed by Carters Seeds in UK; brought to Tasmania earlier this century by English migrants. Selected from Scarlet Runner; the pods are bigger and longer and the seed also larger (1.5 - 2 times bigger than average Scarlet Runner). In 1915 the Law Sumner catalogue said of this variety: 'The longest podded runner bean in cultivation with pods up to 15 inches long... invaluable for exhibition... tender and delicious when cooked.' Seed was listed in Potager Seeds' 1995 seed list.

**Scarlet Runner:** Standard variety grown in Australia: very vigorous, sets lots of scarlet flowers to form pods about 15 centimetres long. Seed is mostly black with areas of pink. This is the standard variety available from many seed companies such as Phoenix Seeds, Green Patch Seeds and Eden Seeds; also available via the HSCA and SSN.

**Shiro Hanae:** A Japanese white seeded cultivar that did very well in the cool summer conditions of 1995-6. Seed available via HSCA.

**White Czar:** Also known as Mammoth White Runner. A very rare runner bean with white seeded pods. First offered in the Law Sumner catalogue of 1915: '12-16 inches long that are very thick and fleshy and almost stringless, often two inches in diameter, produced in clusters. No other bean approximates this for size, quality, and productiveness.' However this was probably an exaggeration as none of the seed I have grown has measured up to this. Seed available via HSCA.

**White Dutch Runner:** (AKA Case-knife according to the Law Sumner seed catalogue of 1915). Rare runner bean that should be more common. Quite vigorous, to three metres and bears heavily. Flowers are creamy white, occasionally with a tinge of lemon in them - very ornamental. Pods are plain green, flattened and about 14 centimetres long with 5-6 pure white seeds. Seed available via HSCA and SSN.

**Zenith:** A Scarlet Runner type available from New Gippsland Seeds in Victoria.

There are some other 'lost' varieties that have been sold in Australia by various seed companies over the past 90 years but which are no longer sold. They have disappeared.

**Count Zeppelin:** (New Giant Runner) A very prolific, almost stringless, white seeded variety with pods up to 33 centimetres long. Reportedly, this variety although very prolific in pods was quite scanty in foliage. Offered in the Law Sumner catalogue in 1915.

**Empire Giant Runner:** The pods are 33 centimetres long, very broad and thick fleshed, almost stringless. Offered in Law and Sumner's 1932-3 catalogue.

**Golden Empire:** Long handsome pods often 35 centimetres long, hanging in clusters; a clear golden-podded bean coming in very early. Offered in Law & Sumner's 1932-3 catalogue.

**Best of All:** English commercial Scarlet Runner bean type selected for large pods and seeds.

If any readers of this article are growing these last four varieties please send me some seed. It is important to preserve as many varieties as possible for future generations. This is the key aim of the Heritage Seed Curators Association. Bill Hankin, President, Heritage Seed Curators Association, PO Box 1450, Bairnsdale 3875. Ph: 03-5153-1034.

Seed Savers Network, PO Box 975, Byron Bay 2481.



# COMPOSTING COLEBY STYLE

by Pat Coleby, Maldon, Vic.

It's taken me many years to work out a simple and effective compost system and the other day I reaped a tangible reward! As usual, as I turned the compost heap small bits of plastic (mostly the windows in envelopes) had to be picked out. I took a closer look at a coloured piece, gave it a wipe and a ten dollar bill good as new emerged. For the first time I blessed the new plastic banknotes!

On our first farm where water initially was a 4500 litre tank only, I had a compost heap that was one cubic metre, and I quickly discovered that it needed a minimum of 320 litres of water to activate it – a limiting factor in those surroundings with 250-380mm rainfall.

In Maldon where we have the rainfall and I have reticulated water if I need it (which I rarely do as the rain catchment is excellent) I have reduced the composting of everything possible to a fairly fine art. This place needs tonnes of compost as it is all turned-over mining land and what's left on top is mostly subsoil and bits of blue china. There is a saying about the Lord devoting the seventh day to making blue china chips!

Three heaps, each a metre square, which is still the best size for easy management, are ranged side by side, with walls that allow some kind of aeration. The middle heap is always the final one, the two outside ones being the ones that I fill up. They all have lift-out fronts which run in grooves to make emptying and turning easier.

I have tried to use the no-turn method (infinitely preferable to one who is inclined to be lazy on occasion), but it

really does not do. I only turn each heap once however and the system works well. Initially the weeds were mainly noncomposting varieties like couch, buttercup, bent grass and the like. They went into the chook run and were duly recycled into eggs and fertiliser. But now, as the soil has improved, I am into the compostible spring growth, a little capeweed, but mostly 'soft' weeds like oxalis, speedwell, chickweed, cleavers and so on. Grass is recycled through a couple of guinea pigs whose manure is just fine in the compost heap! It also gives me a reason for weeding out unwanted grass. Guinea pigs need their vitamin C daily, as they share with humans the inability to make their own.

Old envelopes, papers and such (actual newspapers go to be recycled), are cut or torn up. All the pumpkin, tomato and potato leaves are chopped with a spade and put in. About two buckets a week of household rubbish go out, each time some manure and green weeds are incorporated as well, plus about half a jam tin of mixed dolomite and gypsum when I remember. Then I add two or three buckets of rainwater. Earth is not often added.

Start by filling one of the side heaps, we'll call it number one, right up to a height of about a metre. It can take several weeks according to the availability of fill. The heap gets hot and sinks and you add more. Leaves from the roadsides are a much prized addition as they are very high in minerals. When the heap is about the right height, give it an extra watering, cover it with plastic or

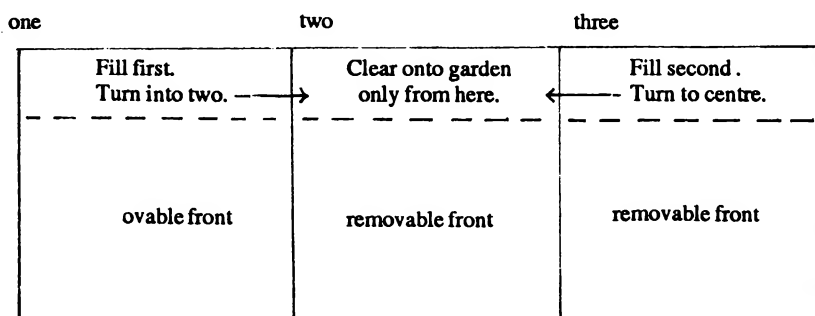
an impermeable sheet. I usually add a couple of bits of old wallboard to hold it all down.

Then start on the bin at the other end (number three). By the time it is full the first one will be nicely cooked. You then turn number one into the middle (number two), shaking up the compost well. Don't worry about the worms which will be incredibly numerous by now, the treatment does not seem to upset them. Worms home in on compost heaps in a truly marvellous way. Worm messages must make the lines run hot! Put sides to middle as you turn, because the outside is often not as well composted as the centre, give it some additional water, a sprinkler or about ten buckets of rainwater for preference, and close it up.

If you wish to test the heap, a long pointed metal prong can be stuck in, but do not burn yourself on it. Raku pottery is fired in compost heaps, a long slow cooking process which is used by people who do not have access to furnaces. The worms apparently retire to the edges when the 'cooking' is in progress and then move in again.

You are now left with number one bin empty again. Once the number two middle bin is ready, it can go out on the garden, round the vegies or whatever. You turn number three bin into the middle when it has been closed up for a few weeks and 'cooked' in its turn. Compost heap turning is very good for the waistline. Use a garden fork as it's less likely to hurt the worms!

## Compost Bins



Start again on one when it has been turned into two, when it is full, two should be ready to go out.

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# THE GRASSHOPPER-PROOF GARDEN

by John Tucker, Capel, WA.

Here in Western Australia we have terrible trouble with wingless grasshoppers. From mid-January to the end of March they can totally devastate a garden. To save food from their gardens for themselves, many people resort to spraying, literally to poisoning it.

I have devised what I call a 'grass hopper-proof garden'. It consist of having a large fowl pen with two types of crates within the pen to protect the veges from the chooks.

The first crate is made from a piece of concrete reinforcing mesh bent in a circle and held together with two hooks. Then birdcage wire is put around the bottom of the mesh to stop the chooks putting their heads through and eating all your veges. This is a crate in which you can grow taller plants such as sweet corn or tomatoes.

The second type is made of a piece of six metre x 900 millimetre mesh bent into a circle and then bent into a rectangle to take a clear sheet of corrugated



Cages within his poultry run enable John Tucker to outwit voracious grasshoppers.

skylight material and again covered with birdcage wire to protect the contents.

The lower crate needs a roof because the chooks may insist on camping on it, with disastrous results for the veges.

I have used mesh and birdcage wire for my crates, but any material you have around you will do so long as you can

water the veges and protect them from the chooks as well. When your crop is harvested the crates can be moved to different spots within the chook pen. This allows the poultry to harvest your leftovers and scratch the ground over for you, and also gives you a new supply of 'clean' fertilised garden beds.

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# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

### GUINEA FOWL ADVICE

Is there anyone who can tell me at what age does a guinea fowl start to lay and will they lay when penned like other hens, or must they run free to select their own nest site? I have three hens, or supposedly so, eight months old and no sign of an egg.

Also, is there a foolproof way to determine the sex of this breed of poultry?

Allan Barron,  
MALANDA 4885.

Guinea females are seasonal layers, usually starting in mid-spring and producing eggs until the end of February. Young pullets are sexually mature by seven months and are capable of egg production from this time. How do you know if you have females? Some sources suggest you differentiate gender by comparing wattle size, but this is not reliable as some strains have females with small, flat wattles while in others there is little observable difference in size between the sexes. Variations in head size and in overall body size are just as unreliable because they too vary between strains. Other than actually waiting for the appearance of an egg, listening to the sound of the cry the birds emit and observing which individuals produced it, are the only foolproof ways of determining gender. Just the female makes the buckwheat call. By this is



Guineas prefer a secluded nest, all females in the group using the one nest, as all the eggs pictured above indicate.

meant a monotonous cry in which 'buckwheat - buckwheat', is repeated numerous times. No buckwheating, no females. Both sexes, of course, will make the strident chi-chi call if startled.

Guinea females prefer to lay outdoors in bushes and will do so if given the opportunity. Alternatively, they will lay in a corner of the shed, preferably behind a few strategically placed branches and most will use a conventional nest. It is usually common for all the females in a group to use the same nest.

### KEROSENE INCUBATOR

I am writing in hope that some of the readers can help me. We have recently been given a kerosene incubator but unfortunately have no idea how it works. So if anyone can help we would gratefully appreciate it.

Margaret Crowe,  
Burra Rd,  
via GUNDAGAI 2722.

### REMOVING THE STENCH

Am hoping someone can help me. My parents own a house which they rent out and the agreement stipulates no pets indoors. However, it is hard to police such a rule. So, since the last renters have vacated the premises, they've had a terrible problem of a cat/dog urine stench in the carpets throughout the house. They've tried burning fragrant oils, airing the house constantly and sprinkling carpet deodorisers, but to no avail. Can anyone help?

Sue W,  
MUDGEERABA 4213.

Alas, nothing short of shampooing the carpet thoroughly will remove the offending odour. It is possible this process will need to be undertaken several times if the stench is as bad as you describe. Your parents may want to consult a professional carpet cleaner, especially as ordinary measures have not been successful.

### GENDER RATIOS

I can recall discussion on the uneven sex ratio some readers encounter with chick hatching. I noticed, in recent reading of poultry papers, research indicating that environmental stresses on setting eggs during the early period of incubation were harmful to male embryos while stresses during the later period adverse-

ly affected female embryos. Perhaps readers can investigate this, especially when the opportunity presents itself, as can happen as a result of power cuts during incubation. Rather than discarding possibly damaged embryos, the eggs could be carried through and the hatching results recorded. There were other issues alluded to in the papers that might result in uneven gender ratios, but this one is easy to monitor and even manipulate. I hope this helps concerned poultry keepers.

### Grass Roots Livestock Index

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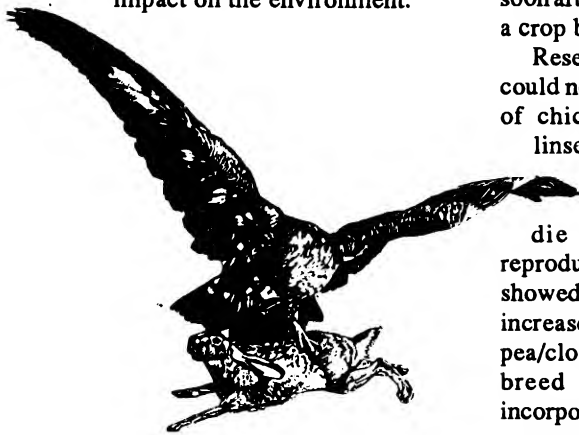


# ECO NEWS

## ENVIRONMENT CONSCIOUS TRUCKING

A recent research paper on the effects of trucking on the environment has found that trucks are responsible for 18 percent of greenhouse emissions from Australian road transport while cars contribute 66 percent. Further findings show that improved diesel technology has reduced harmful gases and particulates by up to 90 percent; fuel consumption for rigid trucks has declined by three percent over the past decade and for articulated trucks by seven percent; since 1970 noise has been reduced by 15dB(A).

Recycling of oil and tyres, eco-friendly cleaning systems and improved suspensions which reduce road and bridge damage are other measures by which the trucking industry is reducing its impact on the environment.



## BOP WATCH

It is feared that the spread of the rabbit calicivirus will have grave implications for many Australian raptor species. It is known that rabbit has been a significant part of the diet of eleven of our 24 diurnal raptors.

A bird of prey watch (BOP Watch) which took place between 1986 and 1990 has provided a nationwide estimate of raptor numbers. A second BOP Watch, from June '96 to June 2000 will enable an accurate assessment of the impact of calicivirus to be made. BOP Watch needs the assistance of volunteers able to identify the birds of prey in their area.

If you are interested in assisting please contact: William Steeb, 415 Riversdale Rd, East Hawthorn 3122. Ph: 03-9882-2622.

## WIND POWER ON KING ISLAND

A wind farm, expected to supply about one-fifth of the island's electricity needs, is to be built on King Island, taking advantage of the 'Roaring Forties'. The average wind speed at the turbine head is expected to be 33 kilometres per hour, excellent for wind generation. The project, situated at Huxley Hill, three kilometres from the island's south-west coast, will reduce the inhabitants' reliance on expensive diesel-powered electricity.

## MITE RESEARCH

Recent research at La Trobe University in Victoria has highlighted the need for crop rotation to help control damage to canola crops by earth mites. These minuscule menaces attack the seedling soon after germination and can devastate a crop before it becomes established.

Researchers discovered that the mites could not survive or reproduce on crops of chickpeas, lupins, wheat, linola, linseed and lentils. The mites will cause damage to even the 'unfavourable' crops, but will die relatively quickly without reproducing. Results from trial plots showed that red legged earth mites could increase their numbers significantly on pea/clover plots, but were unable to breed on lupins. A crop rotation incorporating chickpeas or lupins before a susceptible crop such as canola, provided it is kept weed free, should eliminate the mite problem in the canola.

Other control measures involve border sprays of 5-10 metres around the perimeter of susceptible crops to prevent mite encroachment from surrounding areas, targeted use of insecticide only when a crop is genuinely threatened, and a project to breed a mite-resistant canola cultivar.

## ENCOURAGING BIODIVERSITY

A report on the role of incentives in biodiversity conservation, *Reimbursing The Future*, advises local government to take more responsibility in this area. Local government could assist landowners who, for example, are conserving biodiversity by retaining native vegetation, by changing the rating sys-

tem so they pay less rates than those who crop similar land. Other levels of government can assist local government by:

- establishing management agreements that encourage landowners' stewardship of native flora and fauna;
- changing grant formulae to reward regions contributing to this national objective;
- providing funds and legal infrastructure to enable councils and nongovernment groups to develop contracts with landowners to conserve biodiversity in perpetuity.

The effectiveness of these measures will depend on the presence of other mechanisms empowering communities, delivering necessary information for informed decision making, and making biodiversity conservation financially attractive. A project is underway aimed at turning these general ideas into real options.

From *Local Environs*, Oct '96, the newsletter of Environs Australia, the local government environmental network. *Reimbursing The Future* can be obtained by ringing 008-803-772.



## EXPEDITION SAVAGE RIVER

Young explorers, aged 17-27, are invited to apply to take part in a scientific expedition to the west coast of Tasmania. Expeditioners will live in and study a remote temperate rainforest which has never before been properly studied. They will travel on interior and coastal rivers and wild western beaches, carrying out a preliminary survey to set research goals for a later expedition. Applicants should be fit and enthusiastic as they need to carry their own and some communal gear, take turns at cooking and co-operate with science work and daily tasks. Expedition is from Dec 31 '96 to Jan 30 '97. Cost is \$1900, plus transport to and from Devonport.

For all enquiries contact ANZES, PO Box 174, Albert Park 3206. Ph: 03-9866-8699.



# FEEDBACK LINK-UP FEEDBACK

Dear GR,

We are a young couple with a young baby who will be arriving in the BEGA VALLEY in early September. We are looking for land with the aim of becoming as self-sufficient as possible. We would like to hear from other GR readers in this area. Our interests are owner building, Baltimore quilting, stained glass, alternative lifestyle and income. We are also interested in alternative child education. Does anyone know of owner finance land for sale?

Martin Hehr,  
C/- Post Office, MERIMBULA 2548

Dear GR Readers,

This is the first time I have written, but have been reading *Grass Roots* for over five years. I never seem to have the time with my four children and husband and all the drama attached to them. I am writing to ask if anyone has any remedies for: **RHEUMATOID ARTHRITIS** or any hints, as I have had a mild form for about eight years and suddenly am crippled with it and at only 33 years old it has knocked me for a six.

**DANDRUFF**: my daughter has extremely heavy long hair and is costing me a fortune in antidandruff shampoo and conditioner.

An **EASY TO MAKE HAND CREAM** would be great.

Mrs Jacki Comber,  
11 Queen St, CLIFTON 4361.

Dear Editor,

It's some time since I have been in touch with you and I was pleased to see that you are still going strong. The notes included may be of interest to you and your many readers, it was a tough experience to go through but thankfully I feel much better. There are many people so affected with CFS it's a disgrace to the medical establishment.

One other thing I have had experience with is **Seatone** – the green lipped New Zealand mussel – comes in small capsules of a fish extract and is very helpful in cases of arthritis including osteo and rheumatoid. I have known at least a dozen people personally who obtained great relief from this pain, and one old boy of 85 years who'd been using a stick for years to help him get about is now entirely free of pain and now gets around like a normal person, no stick.

It took three months to get that effect. The recommended dose is five capsules a day – it is entirely natural and comes in plastic boxes of 125 capsules – about a month's supply costing \$12, available from many supermarkets and all chemists. I understand that some people are not helped and a few people are allergic to shellfish. I take it regularly, recommended by my doctor – no more pain in my thumbs! One other aspect is that it is very good for the immune system. A Japanese professor who has been investigating it has discovered that it is 1000 times stronger than ginseng and we all know how the Asian people prize their ginseng – so another reason for my use of **Seatone**.

Lesley Clark,  
Dyson's Rd, MANDURANG 3551.

Dear GR and Readers,

Thank you for a fabulous magazine which I look forward to eagerly to keep my dream alive of returning to the bush. I have decided to move and rent a place to get away from the city instead of waiting until I can afford to buy my own piece of paradise. Therefore I am looking for a place to rent with a bit of land and some privacy in the **PALM-WOODS, EUDLO, WOOMBIE** area of the Sunshine Coast and am hoping that some readers might know of something suitable and can help me out. I would prefer to live on my own and could afford around \$80pw.

I will also be looking for work when I arrive (around April/May). I am a qualified yoga teacher, part-time calligrapher, and have been working as a receptionist in a Naturopathic/Homoeopathic clinic. I am familiar with a wide range of natural therapies.

Well, that's about it. If anyone has any information or ideas that might be helpful I would love to hear from them.

Michelle Reed,  
16 Field, STH CAULFIELD 3162.

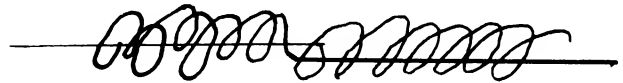
Dear Megg,

Have any readers got **MICE PROBLEMS**, especially mice that are too cunning (or well fed) to take their bait? If so, use a small piece of smelly tasty cheese (or other delicacy) and put some Ratsack or other rodenticide over the top of it. The mice will smell the cheese and eat though their Ratsack to get to it.

How many of us with health problems (actual and suspected), regularly trot along to the health food shop for mineral supplements (sometimes to our own detriment)? How many of us will then deny them to our own plants? I know that many readers are avidly against chemical fertilisers: some with good reason to be; most to follow the fad; some to such an extent that they will even deny their plants ground limestone.

I find that the **CORRECT FERTILISER** well and truly pays for itself over and over again, but before you use fertiliser and trace-elements, I strongly advise you to use plant tissue or a soil analysis. The wrong fertiliser, or too much of the right fertiliser costs good money and could create expensive problems to rectify.

This however, is not the main thrust of my letter. Recently you printed two articles containing incorrect information: 1. To **JOIN UP TWO PIECES OF WIRE** in a fence, the correct method is:



Notice one piece of wire is straight then curves around the other and vice-versa. You had each wire tied back around itself. This leaves a weak, brittle join, subject to rust.

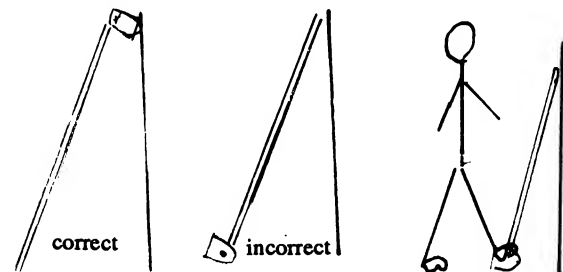


2. The other article was on the sharpening of a **DUTCH HOE**. The writer has a Dutch hoe mixed up with a chopping and/or a weeding hoe. A Dutch hoe looks like a D on a long handle. It is pushed along in very friable soil. A normal weeding or chopping type hoe is meant to be sharpened on the upper side by holding your hoe on the ground with your left foot and sliding your file crossways across the hoe's cutting edge (presuming you're right-handed).



This will enable the hoe to cultivate as well as chopping off weeds, aids water retention and makes it easier to hoe next time. Most garden hoes are far too light and fragile to be useful.

Talking about hoes, how should you lean a hoe (or garden rake) against a wall?



What happens when you tread on the head of the hoe?

George Read,  
RMB 7440, Camperdown,  
Scoullers Rd, STONEYFORD 3256.

# FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

A branch of the **ORGANIC GARDENING AND FARMING SOCIETY** is now operating in Sheffield. We would like to inform readers that a committee in the Sheffield area is planning an Organic Harvest Festival for March. Those who have organic produce to sell, or craftworks to demonstrate or sell will be able to have a stall. We plan to have interesting guest speakers for the festival talking on aspects of organic growing and also health. If anyone would like more information please contact:

Pam Gray,  
PO Box 212, SHEFFIELD S706.  
Ph: 004-912-408.

Dear Readers,

Could fellow readers help me with advice, information and personal experiences with all aspects of **HOME SCHOOLING**? As my daughter has just turned three I think I still have a while to get fully prepared. I am especially interested in people from the mid-north coast that I could regularly correspond with.

Rachel,  
C/- Gaye Taggart,  
PO, HARRINGTON 2426.

Dear GR Readers,

I will be moving to the **ARMIDALE** (New England) area late in '96 and am interested in making contact with GR people in the area to gain local knowledge. I'm a 45 year old gentleman qualified in acupuncture and nursing, with interests in permaculture, naturopathy, alpacas and GR living in general. Will also be looking for rental accommodation if anyone can help. Also hello to Kate Skarrie, Wendy Wright and Trishula Shub who showed me some Tasmanian hospitality last summer.

John Danecki,  
PO, COOCHIEMUDLO ISLAND 4184.

Dear GR,

Having just completed a lifestyle-altering weekend mud brick workshop with Brian Woodward at Woolimbi NSW, we are researching GR items in general. But our immediate desire is to talk with people on the **NSW CENTRAL COAST** interested in land purchase of 2 - 40 acres. Also to gain experience I would like to **OFFER HELP TO MUD BRICK BUILDERS** in the area who have already embarked on their mud journey! And any permaculture organisations out there? And info on Rudolph Steiner schools?

David & Ingrid Fawcett,  
17 Mulhall St, WAGSTAFF 2257.  
Ph: 043-602-440.

Dear GR Readers,

I am searching for a manual for a **SINGER SEWING MACHINE** - model 319K (made in England). I was given this beautiful machine and, whilst I am using it, I wondered if there is a book to tell me how to use it to its full potential. I have rung Singer in Adelaide and they can't help me. So maybe someone has one I could buy.

Vera Jeffs,  
PO Box 378, KAPUNDA 5373.

Dear Grass Roots,

With this letter I am hoping that via your magazine I would be able to call upon the help of GR's circle of friends. Dear readers, please be so kind as to fill my mailbox with any knowledge and recipes you might have regarding the following (or any other **HOMEMADE RECIPES AND EDIBLE GIFT** ideas).

Could anyone tell me how to prepare a bacon flavoured seasoning blend? Also, is anyone familiar with a smoke sealer seasoning mixture? How is this made and what are the ingredients used? I would also welcome any recipe for seasoning fish and meat as well as a herb and/or spice blend used exclusively for flavouring meatloaf or meatballs.

Other ideas include preparing my own: pancake or waffle syrup,

chocolate syrup (for making real tasty milkshakes), chicken/beef stock powder or gravy powder like Bisto, herb and vegetable salt substitute, steak sauce (I would love to duplicate that HP flavour!). And for our four-legged friends a recipe for wholesome doggie biscuits would be appreciated.



Courtney Wilson,  
9 Chiphill Side, **SQUARE HILL RETREAT 7945.**

Dear GRs,

I'm only a fairly new reader of GR and wish it was published on a monthly basis, but you can't have everything. As a thirty something male, born and bred and used to city living, I admire the different lifestyles of so many people out there around Australia. To me those people have learnt to step back and reap the benefits of both worlds, that is modern day living and stress-free enjoyment of life. While being a city boy, or I should say suburbs boy, I have in part learnt to combine a mix of two lifestyles as well.

I have a job in the city which I enjoy. At the weekend I'm able to adopt my grassroots type lifestyle due to the location of where I live. A short drive from the beaches of the southern suburbs and south coast, another short drive to the Royal National Park and the Heathcote State Park. A combination which allows me to enjoy the water and bush and feel a million miles away from the rest of the world.

In the magazine I have read letters from people who talk about alternative education, home education and a naturist lifestyle. These issues interest me and I would like to find out more about them. Perhaps there are some readers who would like to correspond on these issues, as well as other aspects of grassroots style living. Maybe there could be an exchanging and experiencing of each other's lifestyle; that is holidays or weekends with each other. Some children have never seen a city or the sea, so perhaps this could be an opportunity for them and maybe their parents to broaden their education and view of life.

I welcome letters from anyone, any age, anywhere, people who even just want to share the lifestyle they follow. I wish the magazine many years of continued good fortune and look forward to my next issue.

Michael Dane,  
PO Box 36, **BLAKEHURST 2221.**

Dear Mary and GR,

During WW2 my mother and sisters used to knit for the troops. My mother continued **KNITTING SOCKS** until her death in '83.

They were made with four ply wool and instead of the toes being grafted she decreased to two stitches which were tied off. I've tried with other patterns but can't seem to get it the same. They are very comfortable and they last with the steel capped boots Ray wears. The knitting was done in England so maybe an English reader may know what I mean as I believe the pattern was given out in these clubs in the beginning. I think there are 20 stitches on each size 11 needle. She only used four needles. I hope someone may know what I mean as I've written to magazines but with no help so far.



Robyne Neal,  
22 Cygnet Crt, **VICTOR HARBOUR 5211.**

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

Dear Friends,

We are Australian volunteers living in Namibia. We are working with communities developing community gardens. As well as this we are looking at starting some cottage industries, jam and pickle making etc using local fruits and excess vegetables from the gardens. There has been interest shown in making toilet soaps, creams and lotions using local fruits and nut oils. We were wondering if anyone could supply us with **RECIPES FOR SOAPS, CREAMS AND BODY LOTIONS** which we could adapt to use available materials. Also what skin conditions different fruit, oils or vegetables are useful in alleviating etc. Any relevant information would be useful. Hoping someone out there can help with this, we are looking forward to hearing from you.

Anita Patterson,  
PO Box 1903, Swakopmund,  
NAMIBIA (Sth West Africa).

Dear Grass Roots,

I am wanting to locate an old friend of mine, **DIANE LILLIAN SHARPE**. We were best friends at Beaumaris High School in Melbourne. I last heard of her moving to the Nimbin area with her one year old son, Liam in about 1975. If anyone knows her whereabouts, please contact me. Thank you.

Wendy Hamilton (nee Powell),  
PO Box 901, MUDGEERABA 4213.

Dear GR,

My family and I hope to move to **MULLUMBIMBY** in the next 12 months or so to a small acreage we and the bank have purchased. My carpentry skills do not include pole frame homes and so I'm in need of advice. We would appreciate any advice on **POLE BUILDING**, especially from people who have done it themselves.

Jeff Harper,

35 Blacker Rd, ALDINGA BEACH 5173.

Dear GR,

We have six children who would like to move and have pets. Our house on the central coast is for sale. It backs onto national park which is why I didn't want my young daughter to have the dog she wants and it just isn't practical for my elder daughter who wants a horse! There's lots of birdlife to observe but that doesn't satisfy my son who wants budgies. Another son likes koalas, though of course he won't be keeping one as a pet. I'd love to take them all to Kangaroo Island to see the wildlife there. I've never been there but I've read about it and it sounds wonderful. Do any readers live on Kangaroo Island or have any visited there? We'd love to hear from you.

**OUR CHILDREN ALSO PRODUCE NEWSLETTERS** - *The Horse Lovers*, *The Bark Bark* (not the tree variety, the woof woof variety), *The Tweet Tweet* and *Monty the Koala*. It started out as something they sent to family, but they are expanding and would love contributions of drawings, poems, stories and also have competitions for you to enter with prizes and certificates of merit! All they ask is for a postage stamp to help cover their costs. They'd be happy to send you samples to see if you'd be interested in contributing or receiving it regularly. We are thinking of renting in Tasmania and would love to hear from anyone there too.

Matthew & June Scriber & family,  
24 Homan Close, UMINA 2257.

*Keep it up kids, we love your newsletters and hope you get lots of contributions (with stamps enclosed).*

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

Dear Readers,

I am looking for a particular **FOLKWEAR PATTERN**, number 207, for the Kinsale Cloak. The publishers of folkwear patterns, Taunton Press in the USA, have advised me that this particular pattern is now out of print. I'd appreciate hearing from any reader who has this pattern and would be willing to either sell it to me, or loan, trace, photocopy or whatever is mutually agreeable.

Anne,  
PO Box 46, URALLA 2358.

Dear GRs,

**ELDERLY MALE UP FOR ADOPTION.** House trained (well almost), good with children, not much good at hard work anymore, a bad back does not take kindly to weeding gardens or plastering floors. The ideal place would be a Christian family or group with boys they would like taught how to be engineers or cabinet makers. I would like to be in a place where I could run a school for would-be GR types. This is my only value, I know how to do things. If you want a jacket made, or a kitchen, or a machine to grade kiwi fruit, I can make it for you.



Trevor Hallam,  
12 Ti Tree Rd, SANDY BEACH 2456.

Dear Editor and Staff,

I had intended to write privately to these people, but realised that others who read GR may benefit from this information also.

**PAIN AFTER SHINGLES**, try one or all of the following: Get some hypericum oil (St John's Wort oil), from a health shop and rub it in (twice a day), or use an ointment of it. The juice of an aloe leaf smeared on and left to dry (twice a day) will also soothe and heal. Chilli powder rubbed in (twice a day) till the pain stops. Keep away from your eyes, and wash hands well after use. It may take up to six weeks for healing to be accomplished, so persist with treatment till all symptoms are gone. Avoid stress.

To Jodi Rod and Tyi, regarding **INSECT BITES**. Try bathing Tyi's limbs in a strong solution of chamomile tea to deter insects biting. (In NZ tourists are advised to take B vitamins, especially B1, some days before being exposed to sandflies.) It works! I personally know that 100 percent tea tree oil dabbed on the insect bites relieves the itching. For scarring, nothing beats aloe juice, faithfully applied several times a day till scars go.

To Kevin Knight. The **DUTCH HOES** you are looking for are available in NZ in two sizes. (About 10 or 20cm) They call them 'push-hoes' over there. I have not seen them for sale in Australia.

To John Osborne. Your problem of **ACID REFLUX** would best be addressed by seeking the cause first. It is caused by what you eat, or the combination of what you eat. You will find relief by twice a day, drinking the juice of three carrots, two stalks of celery, half a red beetroot and a small lebanese cucumber. (Wash well first.) This is a very healthful, alkalising, restorative combination. Read Harvey Diamond's best seller for food combining, *Fit for Life*, and Dr N W Walker's book, *Fresh Vegetable and Fruit Juices*.

Elarla,  
A3/314 Buff Point Ave, BUFF POINT 2262.

Dear GR,

I am looking for some information about the use of **COLLOIDAL SILVER**, internally. The little bit of info so far says that this solution disables all one-celled bacteria, fungus and virus through the enzyme that they use for their oxygen metabolism. Likewise it can be sprayed on any plants for similar attacks by single-celled organisms. It appears to kill any of these organisms in six minutes or less upon contact. Can't find anything interesting in the State Library. Does anybody know where I can get some more information? Will send money for posting costs.

Mason Cook,  
283 Birdwood Tce, BRISBANE 4066.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

We would like to know if any readers have knowledge of making **ROPE HALTERS FOR HORSES**. We have tried the library, but nothing is available on this subject. A book name or even written instruction would be greatly appreciated.

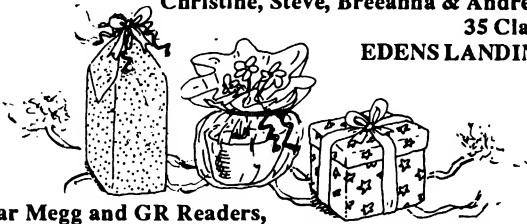
Liz and Ivan,  
PO Box 144, HARVEY 6220.

GRs 30 and 49 have halter making articles. See last page of GR for ordering details.

Dear Grass Roots,

A big hello from **SUNNY SUBURBIA**. I think your magazine is a 'breath of fresh air'. It's a pity I had not discovered it sooner. Stephen and I have two daughters, Breeanna and Andrea aged 3 and 5½. We recycle as much as possible, make homemade gifts, do plenty of craft and I do lots of baking – homemade biscuits taste better. We want to eventually put in fruit trees and establish a vegetable garden and I would love to bake my own bread. By doing all these things, Steve and I feel we are teaching our girls about life as it should be and we hope they will benefit greatly from it. Anyway, keep up the great work on the magazine and I look forward to future issues.

Christine, Steve, Breeanna & Andrea Reldy,  
35 Clayton Dr,  
EDENS LANDING 4207.



Dear Megg and GR Readers,

I would like to point out to potential **GRASSIFIEDS CONTACTEES** some of the things which have happened to me after I advertised. It does take a certain amount of courage to advertise for a partner, for various reasons. Although the advertiser appears to be 'cool' and to 'have it all together' this is not always so. The last thing that they want is a rejection. So, if you don't like the reply you get from your 'contact' or maybe you don't like the look of the 'creature' in the photo you receive, please don't drop the whole idea. Have the compassion and courtesy to send back the photo with a pleasant refusal. If you feel that you cannot tell a 'white lie' then the truth can be sensitively told. I don't know whether I said something wrong in my letters or if it is just that my photo is not 'pretty' enough? Does this also happen to others? Perhaps we could find out through 'Feedback'. I am not whinging, I can cope with rejection but I sincerely wonder about others...

To John Osborne. John, I too have your problem. Ask your doctor for **Tagenet 400**. It's magic. I also found that if I eat wholegrain bread with vinegar as a preservative (**Sunicrust**) instead of white bread with one of those 'numbered' preservatives I don't get an adverse reaction. That is my experience. Good luck!

Jacko,  
50 Kanooka Rd, WANTIRNA 3152.

Dear GR Readers,

Please can anyone give me information on **PRODUCER GAS UNITS** for cars and trucks? Also any information on making edible powder from **CAROB** pods would be appreciated.

At present there is a big cat hanging around the town and on rough nights it beds down on my front verandah. It grunts and sighs, and, judging from its tracks, it is not exceptionally big. I have plaster casts of big cat footprints that are as big as my hand. While walking in the ranges on one occasion, a yellow cat followed me and I reckon that its length would have exceeded two metres. If anyone else has had experiences with these cats I would like to hear from them as I am compiling a record of 'close encounters'.

Regarding June Grondin's request in GR 115, for method to re-ink typewriter ribbons. A recipe from *110 Formulas* states: take a small amount of pure glycerine and add 'aniline black' dye. Put a drop every

two centimetres along ribbon, reroll and leave for three days. Also used for ink pads.

Wally Davies,  
CMB, PARACHILNA 5730.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

Dear GR Readers,

Maybe some genius would be able to tell me where or how to get information and **PLANS FOR AN OIL DISTILLER**. I would like to make my own aromatic herbal oils. Hopefully someone has some info for me. I will respond to all mail.

Ingrid Weber,  
1203 Dungay Cr Rd, WITTITRIN 2440.

Dear GR Kindred Spirits,

Is anyone familiar with **ADULTS WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)**? After years of thinking that there was something 'amiss' with myself, and borrowing books on mental problems, seasonal adjustment disorder (SAD), all sorts of things – I read with a tear in my eye, 'Climbing A Mountain Named ADHD' (GR 113). Thank you Deborah Strong, I think I have finally found the light switch for that lamp at the end of the tunnel.

After reading *The Hidden Handicap*, it's become quite obvious that this is what my problem is, but it seems there's not much info for adults with ADHD (residual). One thing that did alert me to a definite problem of some description was when, for the first time in my life after years of poor work records, I'm finally doing what I want to do – naturopathy – I'm having great difficulty with my studies. Even with an already strong natural healing knowledge, my grasp of abstract concepts is poor, and always was. Actually, just quietly I'd love to hear from anyone who has successfully studied with the Queensland Institute of Natural Science, and also any tips on study techniques would be fabulous.

So anyway, if anyone can help me with any suggestions, info, treatments for ADHD – anything to help this confused old mind – it would be so much appreciated. Also, any other adults who feel they might have the same problem – after years of thinking you're going loopy – please write. I'd love to hear from you. All letters will be answered. Does anyone know of any experts – be they orthodox doctors or alternative therapists in the Melbourne area?

I seem to recall a fellow enquiring about **LETS and PERMACULTURE GROUPS ANYWHERE IN MELBOURNE**. I live in the western suburbs, almost in Williamstown, and I'm sure there's a LETS in Yarraville, and definitely a terrific permaculture group run by a lady called Margie Jackson in Williamstown. Info about the group could be obtained from the Outreach Community Centre, 139 Melbourne Rd, Williamstown 3016. Ph: 03-9397-7349 or 9397-6168. Having been born and bred in the area, I think the western suburbs has been given an unnecessarily bad name. Williamstown is the most delightful old sea port and, when I finally find my dream patch in the bush, I will find it very hard to leave here. Anyone considering moving somewhere new that has to be in the city, come to 'Willy'. It has wonderful facilities for all ages. Also the most fascinating historical precinct – convict built buildings and lots of beautiful scenery. Thanks GR and readers for keeping my hopes and dreams alive every time I read an issue. I look forward to getting any help for ADHD.

Lisa Walker,  
38 Hick St, SPOTSWOOD 3015.

Dear GR,

Can any reader please help? I have written twice before about wanting to make **PAWPAW OINTMENT**. I am also wanting a recipe for eucalyptus cough lollies.

M Schmidt,  
42 Valley View Rise, MOOLOOLAH 4553.

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Mary,**

I realise you have a disclaimer on the views expressed in articles you select for publication but on this occasion I feel a little more foresight and sensitivity could have been applied in your choice to publish. I am referring to the article by Robyne Neal 'Hyperactivity and Hyperkinesia' GR 114.

I have been a faithful reader of GR since the early editions and have applied much of the wisdom I gleaned from contributors in raising my own children. Like Robyne, I too am a parent of a child with ADD and a member of a support group comprising many other families in a similar situation. It saddens me to find in my favourite and most reliable reading material (GR) such a harsh attack and accompanying extremist views, presented under the guise of a heading stating 'Robyne... shares the diet and recipes that have helped children in her care'.

I know dozens of children who are prescribed stimulant medications as a component of therapy for ADD and I can assure your readers that their parents are loving, concerned, informed people who do not 'shove tablets down their children's throats'. Nor do they go to doctors who 'just write out a prescription'. GPs cannot prescribe stimulant medication (ie. Ritalin or Dexamphetamine) without specific authorisation. All the families I know have to consult with specialist paediatricians.

It is true that these medications have side effects (that affect some children) but this is also true of all medications including nonprescribed drugs, vitamins, minerals and herbal extracts. The potential for side effects is always present. Robyne states her friend took two years to get her son off tablets. It is widely reported in the medical journals and plethora of literature on the subject that stimulant medication can be stopped at any time without withdrawal.

The recipes that Robyne includes are only of use for her son and cannot be applied in general for children with ADD, which is a physical condition that may exist with or without food intolerance. If your readers are seeking information of this nature I suggest they consult Sue Dengate's book *Difficult Children* (Random House) which gives a balanced view of the food intolerance/medication debate. Sue is also the editor of a national newsletter on ADD (*Order in the House*).

I am aware that GR has an agenda for contributors to express their legitimate views, but fair go! We love our kids and for parents to arrive at the decision to medicate their children takes a lot of soul searching that verges on despair. We already have a battle on our hands fighting a cause for our children, whose behaviour few understand. The last thing we need is to be kicked when we're down. ADD is a disability... would you deny an epileptic child their medication?

**Heart Worn Parent.**

**Dear Sir/Madam,**

I am considering the installation of **ALTERNATIVE ENERGY** in a commercial project and at the moment I am gathering information for a feasibility study. We are planning the installation of cabins and a permaculture based garden to provide produce for a cafe, or at least meals. Could anyone please send me details of accommodation, anywhere in Australia, which is designed and built with alternative energy systems, including solar, wind, or turbo. Even if it's only partially implemented I am interested, and specifically looking at temporary overnight cabins rather than hotel type.

**Ms D Fagan-Pagliano,  
Brigalow Garage, Main St, BRIGALOW 4412.**

*The article on ecotourism in GR 113 mentions a couple of places which could interest you.*

**Dear GR,**

I would like **COW PUMPKIN SEEDS**. I would be so grateful.

**Adam,  
30 Veron Rd, SCHOFFIELD 2769.  
Ph: 02-627-3331.**

**Dear GR Readers,**

Our family is considering buying some land with our friends and we would be grateful for some information on **COMMUNAL LIVING AGREEMENTS**. We have some ideas about what we will need from our own experiences, but we would like to see some agreements others have or where we can obtain this type of information. We need a few examples to allow us to sort out what we need before we see a lawyer. We are also interested in survival strategies and are hoping to find a recipe for a hobbit style survival biscuit. I have tried using felfafel, squashing it flat, deep frying it and storing it dry.

**Frances Ross,  
46 Ford St, YASS 2582.**

**Dear Grass Roots,**

My husband has emphysema. I would like a wealth of information on **NONTOXIC** cleaning supplies or any other ideas on how to cope with his illness. Thank you.

**Lyla Dreise,  
PO Box 56, COOROY 4563.**



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**Dear GR,**

I write this letter with the purpose of trying to locate one **VICKI GORDON** (was Gillespie), last heard of in Longford, Tas, was originally from Bowral in the Southern Highlands. My last contact was some years ago and I urgently need to contact her now. She is a reader of GR so hopefully I will be successful.

I'm also looking for a **BLACKSMITH'S ANVIL AND TOOLS**, a spring cart, and a dray cart. We are in the process of setting up a 'Squatters Farm' and lifestyle and hope to eventually open it to the public. So anybody with any ideas please write and if you have any items or furniture from these early days please get in touch. We are also looking for a single parent who would like to join us in this venture and share in the eventual rewards, accommodation and food supplied, so if interested get in touch. It will be a hard and long task but we are determined to make it. We are on 340 acres in the central west of NSW and we believe there is a potential for what we offer.

**Sonny & Andrea Bullen,  
PO Box 38, MOLONG 2866.**

**Dear GR,**

I would like to draw your attention to the recipes for **GINGER BEER** in GR 94. There is one that uses fresh brewers yeast. A friend made it recently. After three days the bottles exploded. Not just the tops but the whole bottles. A bit dangerous! We have not tried the other two but will stay with the original 'bug' ginger beer. Thanks for the magazine.

**Rosemary Mallon.**

**Dear GR,**

We have an apple orchard and would like to start producing apple juice. Does anyone have any information on the **PASTEURISATION OF FRUIT JUICES**? We are also interested in purchasing a gas gun or other device to prevent parrot damage to our crops as well as any 32 volt equipment including inverters and light globes.

**Lynda Code,  
Donnelly's Crk Rd, ABERFELDY,  
Via Erica 3825.**



Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.



# FEEDBACK LINK-UP FEEDBACK

**Dear GR Feedbackers,**

I am praying you folks out there can help with any info on the condition LUPUS. A very dear friend has just been diagnosed with this condition, and the info she has obtained so far through her doctor, a local support group and the internet is quite limited. If anyone out there either suffers from this condition, or knows somebody who has/does, could you please help us by putting pen to paper to share any stories, information, successful treatments, outlived life-expectancies, encouragement, or anything, it would be greatly appreciated. My thanks in advance.

Rae Trice,  
PO Box 3015, MACKAY 4740.

**Dear Grass Roots,**

Could anyone help me with information on OLIVES – growing, varieties, preserving (pickling), and in particular, extracting oil in small amounts for personal use?

Also, any ideas for preserving TAMARILLOS? I planted half a dozen trees and now I have buckets of them!

Sandra Binns,  
PO Box 13, KINCUMBER 2251.

**Dear GR,**

I am housekeeping supervisor at a large resort in the Snowy Mountains. We accommodate 1500 people. As you can imagine, that's a lot of GUEST SOAP we throw out every day! Health regulations prevent us from recycling it ourselves as it must be heated to a certain temperature etc. But if anyone is interested I will gladly save it provided they collect it!

Housekeeping Supervisor,  
Station Resort, JINDABYNE 2627.

**Hello,**

I am hoping to find someone living close to ANNERLEY, BRISBANE, who would like to share my 32 perch yard. My aim is to produce enough organic vegetables to share. I have been doing OK but this year the grasshoppers and moths are getting me down. So if you live in a flat or just want to share a gardening experience, please phone me.

Kathy,  
Ph: 97-3848-7448.



**Dear GR,**

Help, I am TRAPPED IN SUBURBIA here in Perth on the fringe of a desert, for at least another 12 months. I seek greener pastures, literally. As we are told to speed up, work harder for the same return I find myself in a swimming pool of gigantic proportions here, with souls unable to communicate, frantically dog paddling to survive.

So I'm headed for Dunedin NZ in March '97 and would like to meet NZ Grassrooters.

Christopher Platt-Hepworth,  
53 Boronia St, Innaloo 6018, PERTH.

**Dear GR,**

Development has begun of a 1500-2000 bed resort/marina directly adjacent to HINCHINBROOK ISLAND, Australia's largest island national park and World Heritage listed. Marina construction includes dredging of Hinchinbrook channel, a feed bed for endangered dugong. Help with legal fighting fund to reverse Minister's decision on development approval is needed. For more info please contact:

Far Nth Qld Conservation Council (Oyster Point),  
PO Box 364, Townsville 4810. Ph: 077-716-226.

**Dear GR,**

Thanks for a great and informative read. Also for helping me to keep my sanity for the past 20 months, as I have herniated and ruptured a disc in my lower back and have been housebound. I would like to ask the readers if they could possibly help me with a recipe for a natural/herbal shampoo/soap/ointment for an itchy, SCALY SCALP AND FLAKY SKIN, which I have developed through the stress involved with my injury. I have reluctantly tried medicated shampoos with no success. I am also looking for various recipes for unleavened

bread. I would be very grateful if anybody could help.

Now for my chance to help someone. I am, or was, a rural fencer, and I know many 'tricks' to the trade. I will try and answer any questions in as much detail as possible. All questions will be answered as I have nought else to do, but please supply a return stamp to make it possible for me to reply as I am on a very limited income. Please no questions on electric fences.

Tony Haines,  
36 Woollum, CRESENT RIVETT 2611.

**Dear GR Readers,**

I am married and only 37 year old. I have recently been diagnosed with OSTEOPOROSIS. My life is becoming fairly miserable as I need a large support system and just haven't got one. My son helps me quite a lot, but my husband is always at work so I am basically alone. I would love to meet some other young women to share GR ideas, maybe spend some time out with them, just for a break, especially someone who does Reiki, as I do. I would love some Reiki at the moment, as my osteoporosis is really getting me down, and I would love some female companionship, just to get my mind off this dreadful disease. My interests are fishing and camping, I love the beach and am into photography. Also anyone with any health ideas (health drinks etc) I would be ever so grateful. I am on medication, but I still feel I need more to strengthen my spine and my inner self. Please, is there anyone out there who would be able to help me?

Hopeful,  
17 Mabel St, MARGATE Qld 4019.

**Dear GR Readers,**

I am appealing to anyone who may be able to advise me on the control or ERADICATION OF GROUNDSEL. My local council (Gold Coast Sunshine) has written to inform me that cutting it down to ground level is not an acceptable control device and I must either dig it out roots and all, or use chemical poisons on the stumps to satisfy their requirements for its destruction. As approximately two of my nine acres has groundsel on it, digging it up is physically impossible, and besides objecting to the use of chemicals on my land the water course running through the area into the nearby Albert River makes such an alternative irresponsible in the extreme. Has anyone out there had this problem with groundsel and authoritarian zeal? Have you ever been able to solve the problem? It seems to me to be an impossible situation, especially as much of the area is on the steep terrain of a watercourse floodway. Any helpful suggestions would be highly appreciated.

Jenni Corlett,  
Lot 1 Barakula Crt,  
Cedar Crk, via BEENLEIGH 4207.

**Dear GR Readers,**

We are planting 100 hazelnut trees and wonder if any readers can help with suggestions on how to CONTROL GRASS AND WEEDS ORGANICALLY IN THE ORCHARD. We are told that foxes have a great liking for hazelnuts and will gorge themselves when the nuts drop to the ground. We had thought that geese would be an ideal way of controlling the grass and weeds as well as helping in our fertilising programme, but are now worried they might have a liking for hazelnuts as well. We don't want to end up with fat geese and foxes and a thin bank balance. We would love to hear from any GR readers who have planted commercial quantities of hazelnuts as we are finding it hard to get up-to-date information on them.

Anne & Alan, Bathurst,  
C/- PO Box 242 EUROA 3666.

*Have a separate area to move the geese to when the nuts begin to ripen.*



Letters are accepted and edited at the discretion of the publishers.

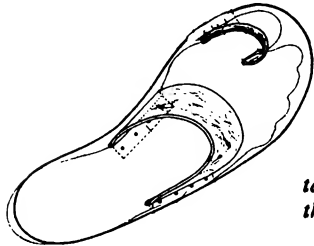
# FEEDBACK LINK-UP FEEDBACK

Helio Fellow GRs,

My partner Brendon and I are eagerly awaiting the arrival of our **FIRST BABY** in early January and along with many other GRs, we are striving towards our goal of our own little piece of paradise and living as self-sufficiently as nature and our knowledge will allow. Although we're still committed to town/city life at present (not long to go though – hooray!) we do try to be as environmentally conscious as possible, which leads me to my query. Does anybody have **FORMULAS/PREPARATIONS** etc for babies and toddlers that are chemical free? For example: Napisan, nappy rash cream, teething gel, cradlecap and colic relief etc. I will gladly pay postage for any info and/or advice that you may be able to share with we first-time parents.

Secondly, years ago I used to have a pair of trusty, **LEATHER TOE THONGS/sandals** (remember like back in the early 70s?) Does or can anybody make me a pair or two, as I have hunted high and low in markets, bazaars, garage sales etc. I'll gladly pay all costs and postage.

Lastly, we will be heading north in mid 1997, preferably up past Cairns, even as far as **COOKTOWN** or the Cape. Does anyone know or have any info on alternative lifestyle groups/organisations in the areas? We are not set as to where exactly, we just want out of the 'rat race' to begin our true lives and are very willing to work in exchange for basic accommodation. We are both very multi-skilled, including farming experience, and we learn quickly. Also if anybody is passing through Mackay and needs a bed and a nice hot bath for a night or two and a bit of local knowledge, give us a ring or drop us a line. If you can tolerate town dwelling we have a spare room.



Katie & Brendon,  
25 Mary St, MACKAY 4740.  
Ph: 079-513-359.

*'The Make-It-Yourself Shoe Book' by Christine Lewis Clark (Routledge & Tegan, Paul, UK 1979, ISBN 0 7100 0070 7), contains patterns and instructions for the sort of sandals you are seeking.*

Dear GR Readers (esp Queensland),

I need some help. I'm in my mid-forties and until twelve months ago was pleased with how healthy I was (regular exercise, don't smoke, occasional drink etc). Then I got a rapid onset of generalised arthritis which is affecting most of my joints, is painful (big time), in all a major pain in the u-know-what, and to make it worse 'they' want to consign me to the scrap heap. Now, as I am not one to get upset and depressed at what life hands out, I view this as merely another challenge, but I need a little help.

The above means I can work but not to someones else's timetable, only my own (which is infinitely preferable anyhow); so I need some **LAND OF MY OWN** (I'm renting ten acres at the moment) where I can achieve as much self-sufficiency and independence as I can using the GR/organic/permaculture skills I have acquired over the years. I would prefer it on a rent-buy/vendor terms basis so the interest accrues to someone other than the billion dollar banks.

I need ten acres plus, some for me, some for the native wildlife, in the warmer climes, and can deposit a reasonable amount depending on whether virgin or dwelling etc. All genuine offers considered.

Steven,  
PO Box 620, NANANGO 4615.  
Ph: 071-631-576.

Dear GRs,

Choko seeds are good for stomach acid or ulcers, gas etc. I have had good success with this treatment (steam cooked is best). I find Rawleigh's anti-pain oil a very good all-round thing to have on hand, lasts for ages. Use for sunburn, cuts, aches, pains and antiseptic, bites especially.

A long time ago somebody wanted to know about **COW DUNG FLOORS**. I have a recipe for this. If anyone wants this I will send them a copy.

**STINGING NETTLE**: If you get stung, break off the stem of the plant and rub the juice on the affected area. It is its own cure.

To **HEAL BITES**, especially ones from wild animals (carpet snake, centipede, goanna etc) that take a long time to heal, use castor oil on the sore left behind (not to do for effect of venom in system but sore only). Apply daily on the affected area until well healed. You must however, see a doctor for any venom in the blood system. It will also cure many other sores when nothing else will.

C G Nellisen,  
TIARO 4650.

Dear GRs,

In response to Cheryl Frederick's request in GR 114 for a recipe of **WORCESTER SAUCE**.

Recipe number 1

2.3 lt of malt vinegar, 4 tbsp essence of anchovy, 6 tbsp walnut ketchup, 4 tsp soy, 1/2 level tsp cayenne pepper, 2 cloves garlic finely chopped. Put all into a bottle, cork, and shake the mixture often for about two weeks, then simmer for ten minutes and strain into smaller bottles, and cork lightly.

Recipe number 2

1.14 lt vinegar, 300 ml treacle, 7g pepper, 7g mace, 7g cayenne, 7g garlic, 7g cloves, 340g onions. Steep for 14 days, then bring to boiling heat and simmer for 20 minutes, strain, bring to boiling heat again, and very slightly thicken with a little browned flour (or cornflour) mixed with a little of the cold vinegar.

Gaelle Murray,  
PO Box 1180, PIALBA 4655.

Dear GR Readers,

I am trying to complete my set of GR issues and am missing issues 2-8, 10, 11, 16, 17. If any reader has **SPARE COPIES** of these I would be very interested in purchasing them from you, or I would also be interested in getting a loan to enable me to photocopy them. Furthermore I have spare copies of Nos 18, 22, 24, 31, 35, 38, 40 which I would gladly swap or sell.

John Martin,  
Upper Eden Crk Rd, KYOGLE 2474.

Dear GR Gang,

I need **SOCK PATTERNS** for children's and adult's sizes. Patons used to have a book just with sock patterns. If anyone knows where I could buy one, please let me know. My other question is in reference to buying land from a property developer. Has anyone done so, and what are the pros and cons? I'm not sure what to do – they seem to have cheap blocks, but I've heard that they are not very reputable.



Vicki Judd,  
59 Beresford Dr, BORONIA 3155.

Dear Grass Roots,

We (2 adults and 3 children) are planning to build a house at a sunny and fairly remote spot on our recently acquired land. We have eighty acres of hills, mostly covered in scrub or bush which is trying to regenerate but struggling against rabbits, goats and possums. We are looking at all the typical **LIFESTYLE IDEAS** including alternative power, some measure of self-sufficiency, tree planting, pole houses, and are interested in permaculture. We would love to hear from people who have done similar things, particularly what to avoid, and which things have been very successful.

Dave Ashman & Stephanie Weaver,  
Paekakariki Hill Rd, RD1 Porirua,  
Wellington, New Zealand.

# FEEDBACK LINK-UP FEEDBACK

## Greetings,

I am writing in the hope of creating a concert circuit initially for myself, however others could possibly use the same idea, but ultimately for the purpose of keeping live music alive. I play classical music on the guitar and try to stretch my ability beyond what is normal with the goal of reaching the level of virtuoso.

I believe that now I have reached a point where I feel confident to share what I have achieved so far with those who are interested in listening, however, finding an audience these days is not easy. For eleven years I have been sitting on the street hoping that somebody will throw me a coin. I can make a reasonably spartan living, but this type of music doesn't really get a fair go on the street. It requires a lot of concentration amid a lot of distractions and even those who want to listen often don't have time or are too restless, but they still appreciate my effort.

I think that if we all want a bright future in a sustainable environment then we must integrate and interact in our own community. I believe that the spirit present in a live performance is not totally present in a recorded performance. With a live performance there is an energy exchange between performer and audience. If the enthusiasm is there in the audience, sometimes the performer can excel his normal abilities. Conversely, a dull audience can spoil the performance, however in this case a good performer can lift the spirit of the audience to the point where they feel good.

I have started to do concerts and I find that a community situation can be practical. Most people are progressive thinkers and there is a reasonable potential audience that is available by word of mouth or community noticeboards and, without advertising, the performance is cheaper.

I would be grateful of a reply from those who are interested in organising a concert and also from anyone who is willing to comment on my thoughts. My main purpose is to be responsible for my own existence in sharing that which I enjoy the most, hopefully enriching the lives and spirit of those willing to learn.

Shakti,

50 Scotts Head Rd, SCOTTS HEAD 2447.

Ph: 015-540-745.

## Dear GR Staff & Readers,

I have just started reading GR which is in the prison library, and am awaiting the latest edition to come in. I am doing a couple of courses, one in horticulture and one on small business, and it was the article in GR 97/98 'Minimising Your Tax' that first got me interested in your mag. Other editions had topics helpful to the horticulture course and for use upon my release with the notes I have been taking down.

The copies that I am reading at the moment are a couple of years old, and in them there have been a couple of readers who have written to prisoners and been used, and then were the replies from Paul at Cessnock NSW and Steve at Darra Qld, who wrote in and expressed their point also and mine is the same as theirs. I hope that all your readers don't think that we are all the same.

I am almost fifty and recently divorced now, and with no contact on the outside. If any readers would like to write to me as penfriends, I would be happy to hear from them. My interests are country and western music, gardening and reading.

Allan Nothnagel,

PO Box 431, ARARAT 3377.



## Dear GRs,

If you have an interest in COTTAGE INDUSTRIES and sustainable agriculture; in fact if you think that 'small is beautiful', please phone Betty or Dennis on 079-741-267.

Dennis Martin,

Prizeman's Rd, UBOBO 4680.

## Dear GR,

Help! Anyone who has information on SAUSAGE MAKING AND RECIPES please contact me. Library information is very scarce so any information you can supply would be appreciated.

C Van Der Lelle,

54 Charjés St, TOOGLOOLAWAH 4313.



## Dear Grass Roots,

Could I find some information or past publications about SOLAR HOT WATER SYSTEMS? We need a supply for two people, I was wondering if any good person had worked out a way for this at an affordable price.

M Atkinson,

76 Plume St, Redcliffe 4020.

## Big, Cheery Hellos to GR & Readers,

I am hoping to hear from other readers who may live in Adelaide, surrounding country areas or anywhere. It would be nice to meet people who are down to earth and live simpler lifestyles, without the complex, and care with honesty. We are currently re-establishing (myself and two dear children) and FINDING IT A BIT LONELY. Missing old-time friendly positive chats, cuppas or occasional visits. We love nature, music, gardening with friends, cooking, son loves art, poetry, writing letters. I hope to also look into script writing and enjoy having a relaxing homely life. I dislike the dog eat dog society, whereby selfishness, greed, 'powertrips' are ever present and lack of honesty, respect and loyalty is prevalent. How sad the warmth is fading fast amongst society. So now, I hope with my first letter, a chance to meet truly caring, sensitive people and perhaps, other people finding it a bit hard to bring up children a la solo and just lacking some genuine earthy company. But please no fanatical people into astrology/New Age/religion.

On another note: May someone kindly furnish me with information for tried and proven herbal remedies (prefer without valerian/skullcap) for anxiety problem. I hope to pass on any positive input of natural alternatives to local health centres. In need of this/any/ information to possibly benefit/assist anxiety sufferers. Unfortunately in Australia alone there are over two million anxiety prone/panic sufferers and on the increase. Any valuable knowledge in this area would be greatly appreciated to pass on. Also do any dear people of the older generation, have any good old-fashioned remedies for cold/chest/flu or fibrositis? All your replies would be most thankfully received. I am so glad there is a GR mag. It is a source of welcome inspiration and joy to read for us and to the many GR readers, Megg & Mary, we wish tranquillity, love and happiness to you all in whichever pocket of the city, country, bush, coast you may be.

Lisa & Little Family,

C/- 68 Haslam Cr, ELIZABETH VALE 5112.

## Thinking of writing a Feedback letter?

- At present we have a six month backlog of Feedback letters so if your request is urgent perhaps you could try an advertisement in Grassifieds.
- Many readers request information that has already appeared in earlier issues of GR. Send for a back copies list if you think the information you require may already have been covered by GR (see order page for details). Your local library is also a wealth of information and may have a solution.
- Last but not least, please try and keep your letter to 100 words or less if you can.  
— we're just trying to get the 'Feedback letter' pile down and get your requests printed as quickly as possible!

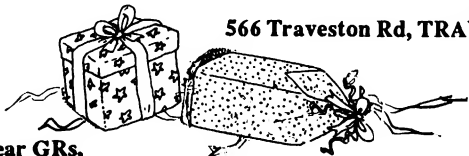
# FEEDBACK LINK-UP FEEDBACK

Dear GR,

I'm interested in making my own **BEESWAX FURNITURE POLISH AND CANDLES**, but have no idea how to do this or where to get beeswax from. Also how to make up my own scented bath oils. Any information and ideas would be greatly appreciated.

Allson Watson,

566 Traveston Rd, TRAVESTON 4570.



Dear GRs,

I have found it difficult to obtain **ALUMINIUM PLANT TAGS**. Have now produced my own supply from drink cans. I cut the top and bottom off about two centimetres in, as both ends have a hard ridge. From a can I get ten tie tags, or 14 pot tags. Cans can be cut with snips or scissors. Use an old hard tip biro to imprint.

Les McMillan,

16 Waltan St, BANYO 4014.

Dear GRs,

For many years I've been interested in alternative lifestyles, gardening, and I use a computer, but I've only just now thought of putting the three interests together. Bingo! Now from my tiny fishing village (there's not even a shop) in Queensland I have an amazing wealth of knowledge at my fingertips. I'm only just starting to explore the Internet, but already with a few taps on my keyboard I can conjure up landscaping ideas, read gardening advice, order books, and chat with people overseas – all from a tiny fishing village in Queensland. Name virtually any subject you can think of and you'll be almost guaranteed to be able to find heaps of info on it. I've learnt how to set up my own site on the Internet ([www.ozemail.com.au/~coelic](http://www.ozemail.com.au/~coelic)) where I can brag about my wife's delicious chicken casserole. All you need is a computer, a modem, and a sense of adventure – and no, you definitely do not have to live in a big city.

Allan Gardyne,

Lot 12 Esplanade, TUAN 4650.

Dear GRs,

I appeal to you wonderful readers to help me find a suitable **STONE COTTAGE/HOUSE** to buy down by the grassy fields in a small town, where I can live in one bedroom, and set up a beauty salon just for GR readers. I would like to call the salon 'The Beauty Roots Salon'. I am a qualified beauty therapist/massage therapist who loves life and would very much like to live what breath I have doing what I wish in a little stone house in a friendly little town.

Ms Janiski Campbell,

PO Box 466, COOKTOWN 4871.

Dear GR & Extended Family,

I am wondering if anyone out there has the solution to my problem – an environmentally friendly way to pack my **CHILDREN'S SCHOOL LUNCHES**. I hate using plastic wrap so at the moment I use recycled greaseproof, but, even this strikes me as wasteful. (I hate single-use products.) I have thought of putting their lunches unwrapped straight into the lunch boxes, but the bread dried out and believe me a salad sandwich, unwrapped is not very structurally sound given the erratic movement of the average school bag! Please help me solve this problem.

Also, does anyone know how to make glycerine soap? Does it use caustic like most other soap recipes?

Ann-Marle,

4 Walhalla Rd, TYERS 3844.

Dear Grass Roots,

I have been wading through various back issues of GR to collect **HINTS FOR ALTERNATIVE LIFESTYLES**. My husband and parents-in-law are investing in a six acre bush (natural eucalyptus and smokebush) block and wish to build within five years or so.

I would dearly love a copy of *Earth Builder's Companion*. We are

looking at earth roofed houses and how they rate in high risk fire areas. We are intent on building a house that will blend with our natural surroundings.

If anyone has any ideas or knows of a **BARTER SYSTEM** in WA for getting building products, I'd appreciate an address. If anyone has any plans for part underground dwellings I'd appreciate any information.

Our block is zoned 'special rural', so we have restrictions on animals we can keep, but we'd like to keep a couple of alpacas eventually for spinning. If any information is available for keeping and caring for these gentle animals, I'd love to hear about it.

Jackie & Graham Bloomfield,

112 Strelch Ave, KELMSCOTT 6111.

Ph: 09-390-6529.

*The 1991 edition of 'Australian Earth-Covered Building' will be of use to you. Written by Sydney A Baggs, Joan C Baggs & David W Baggs and published by NSW University Press, PO Box 1, Kensington, 2033. Ph: 02-398-8900.*

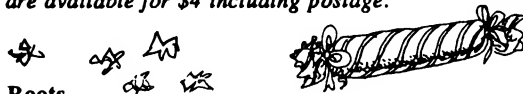
Dear Grass Rooters,

I have just bought myself a dehydrator and would be very grateful for some recipes. I would very much like some recipes for fruit leathers and yogurt-based leathers.

C Wedding,

16 Cooke St, BITTERN 3918.

*GR 108 has two articles about dried foods which you will find useful. Back copies are available for \$4 including postage.*



Dear Grass Roots,

I thought I would mention an idea for a **SOAP SAVER**. It is an empty tin can with holes opened around the base and a wire handle. Nail holes would make it like folk art if punched in patterns. It is a perfect kitchen tool! I never grate my knuckles on the laundry soap now as the scraps go nicely into the soap saver. By adding a teaspoon of vinegar to the rinse water, the dishes rinse easily. So far it doesn't seem to harm the plants but I wonder what effect vinegar would have over time on soil? I understand that dish detergent actually bonds some way to the surface of glass so I do not like to use it anymore.

Is there anyone out here in the lovely **FINGAL VALLEY** who would be interested in a community music programme? I would like to set up something here and would appreciate any input as to how one would go about such a thing. Any interest?

E Greensticks,

18 Talbot St, FINGAL 7214.

*You shouldn't need to add vinegar to the rinsing water. We find plain hot water sufficient to remove soap streaks.*

Dear Megg,

This is the best **TOMATO SAUCE** recipe I've ever tried (30 years of trying).

4.5 kg tomatoes, 750 g sugar, 750 ml sweet spiced vinegar, 50 g salt, 3/4 tsp pepper. Boil all together for about four hours. Strain (kitchen whizz) and bottle.



Beryl Jungfer.

Dear GR Folk,

I am after a copy of a child's knitting pattern – Patons (in Bluebell 5-ply) – with the **THREE BEARS FAMILY KNITTED** in a cardigan. My mum made it for me (about 35 years ago!) and I made it for my youngest daughter, but I lost it in a house move and now I really want to knit it for my beautiful grandson, Alex. I will gladly pay for copying/postage/stamps cost. You guys are my last chance.

Soo Usher,

22 Gladys St, KINGAROY 4610.

# FEEDBACK LINK-UP FEEDBACK

Dear Megg & GR People,

Jose Robinson's **BONSAI ARTICLE** in 114 was of particular interest to me. Three years ago I successfully germinated five tamarind (*Tamarindus indicus*) seeds. As I live in a temperate climate I keep these trees indoors during winter. I have approached members of a local bonsai group for information regarding the possibilities of bonsaiing these trees, but received no useful feedback. I am hopeful that some grassrooters may be able to help me and would love to hear from anyone with tips and suggestions or from anyone who has tried to bonsai the tamarind, either successfully or not.

I also have a Queensland bottle tree doing well in a pot. Any info on this would be appreciated.

Does anyone have **QUONDONG SEEDS** to spare and tips on growing same? I have seeds of the China Doll tree if anyone would like some. So far I have not yet tried to germinate them myself. That will be a project for spring.

Jan,  
3 Marsden St. **SHORTLAND 2307.**

Dear Grass Roots,

We left Queensland two years ago to go travelling around in a camper with our two small children and decided to stop here in beautiful Scamander on the east coast of Tasmania. We knew in Queensland that if you were a first home buyer you could get a loan through the housing commission on a low deposit. So we did some checking around and found that in Tasmania they have **TASSIE HOME LOANS**. They loan to unemployed people and you don't have to be a first home buyer, there is no waiting list. We were in our home within two weeks and rented until the legalities were settled. House and land prices here are very cheap. We have a lovely two bedroom house on half an acre with vegies and chooks. We are five minutes walk from the beach where we catch salmon and flathead. Coming from Queensland the weather is a welcome change. So for all you GR people who want to live somewhere peaceful maybe you should give Tasmania's east coast a try.

Kerri Smythe,  
Scamander, **TASMANIA.**

Dear Megg,

I was just reading Muriel Courtenay's article on **CONCRETE BLOCK BUILDING** in your April/May edition and noted the problem she had with her ceiling. No problem! I would advise you to knock up two 'blackboard easels' for want of better words. Place two planks across the top. On top of these two planks place your sheets of masonite or whatever. Now swing in the third leg to raise up your sheet of masonite. The shifting of any one leg can help you adjust its position. This 'blackboard easel' idea is very handy for the placement and holding of heavy planks too, especially if leg number three goes up a little above the top crosspiece.

George Read,  
Scoullers Rd, **STONEFYRD 3260.**

Dear GR,

I have a property south of Darwin and I am seeking any information, guidance, knowledge or just moral support for growing **TEAK AND OTHER FORESTRY TIMBERS IN THE TROPICS**. Currently planning the venture and have found very limited information is available as we have no forestry department in the Territory now. Also seeking recipes for an on-the-land cookbook, where we can exchange recipes. All contributions will be acknowledged. Looking for everyone's favourite successful recipes.

Any GRs in Darwin are welcome to contact to swap dreams.

Charlene,  
PO Box 301, **DARWIN 0801.**

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

Dear Ed,

In GR 113 you have an article by Elsie Hoare entitled 'Obtaining a Mud Brick Building Permit'. This article, although useful, does contain one alarming piece of inaccurate information that warrants correction. It asserts that **MUD BRICKS** are not strong enough to carry the weight of the roof. This ignores the hundreds of load-bearing mud brick walls in Australia and New Zealand that have been doing this very thing ever since European occupation, and which continue to be designed and built using this technique. Mud bricks can not only carry roof loads, but also upper storey, wind, and earthquake loads as well. Indeed, the suite of joint Australian and New Zealand Earth Building Standards currently under preparation is devoted mostly to the engineering criteria, preparation and testing of materials, and the workmanship and details required to design and build load-bearing earth walls out of rammed earth, mud bricks, or pressed earth bricks. Once completed these Standards will cover a huge range of climatic and earthquake conditions and will be a world first.

Graeme North,  
Kauri House,  
18 Neville St, **WARKWORTH, 2330.**

Dear GR Family,

I'm wondering if someone can help with a pattern for a really old-fashioned **PINNY-TYPE APRON**? I can remember my grandma wearing them, and that is over 40 years ago. I've tried everywhere and people know what I'm talking about, but no patterns. Maybe someone may have an old one I could make a pattern from? I'm also into soap and cosmetic making. I'd like a photocopy of soap information in issues 13, 66 and 69 or any other information anyone would like to share with me. I'm quite willing to reimburse any costs.

Jan Clifton,  
15 Boronia St, **SCONE 2337.**



Dear Megg & Mary,

I would like to share an experience with fellow GR readers. Like most readers I warm oil to perfume my house and for massage. I recently placed a tea light inside a stainless steel egg cup before placing it into an **OIL WARMER**, as a result of which the entire surface of the candle ignited independently of the wick. Fortunately, I had placed water in the oil warmer with the oil otherwise the heat was so intense, pure oil alone would have surely ignited with potentially lethal results. I am a careful, intelligent person, yet I still made a silly mistake.

Jack Perrie,  
50 Kanooka Rd, **WANTIRNA 3152.**

Dear GRs,

I currently work in the disabled field where we have just purchased a **FOOD DEHYDRATOR**. Can any readers assist me with any easy/cheap fundraising ideas where we can use the dehydrator? I would also like any tips on foods that can be eaten for weight loss and any diets that have been successful.

Michelle,  
PO Box 2169, **MT GAMBIER 5290.**

Dear Readers,

I'm after a copy of **PAT COLEBY'S BOOK**, *Natural Pet Care* (now out of print). If anyone has a copy they'd like to sell, I'd love to hear from you. Anyone in the Melbourne area who'd be prepared to lend their copy for a couple of weeks, ditto.

Sue Robertson,  
5 Brooke St, **NORTHCOTE 3070.**  
Ph: 03-9489-0453.



# FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I know that most of you are aware of the damaging effect watching TV (computer games etc) has on small children. Perhaps some of you would like to know more about, or need some support for the TV-FREE LIFESTYLE some of us have chosen? Consider becoming a member of SOAP (Switch Off And Play)

We are a nonprofit organisation run by concerned parents for other concerned parents. Our newsletter *Soapbox*, twice a year, brings not only information concerning TV, but also ideas what to do with children throughout the seasons, and how to bring children into this wonderful state of fantasy/play where TV becomes unnecessary.

This brings me to the main reason for my letter: Australia does not have many traditions which children can celebrate. They are therefore missing out on important experiences. I am collecting ideas which I want to put together in a book, about possible ideas of celebrating festivals in the southern hemisphere. To make this book rich and multicultural I need your help! Please write to me, tell me your ideas, your memories, tell me about festivals from your own cultural backgrounds. I am Austrian and Rudolf Steiner influenced and only well informed in this area. Do you also have ideas, experiences about festivals of initiation for teenagers?

Thank you everybody who writes to me. I cannot promise to answer all letters. (Because I hope to get hundreds!) But I will appreciate and consider every contribution.

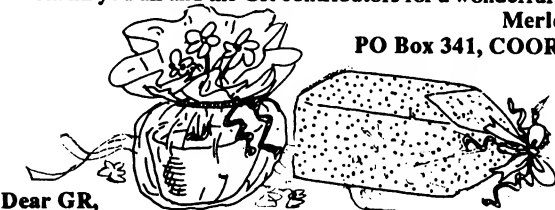
Also, if you want more information about SOAP, or to become a member. Membership (yearly) is \$10 for adults, \$18 for family, school and other organisations and \$5 concession (cheque payable to SOAP inc), membership includes *Soapbox* twice a year.

Hannah Eichler,  
PO Box 108, LILYDALE 7268.

Dear Megg and Mary,

We hope to move to our 150 acres at LAKE BORUMBA (near Imbil, SE Qld) by the end of the year where we will have alternative power and put to use some of the ideas we have gleaned from GR and EG. We hope to be self-sufficient, except for meat as I'm sure any animals we have will be made into pets. We had a pig, 'JoJo', we were going to butcher for Christmas but she became one of the family, thought she was a dog, even went for walks with us, three dogs, one cat and pig, if the little dogs were allowed inside on the lounge why wasn't she! She has gone to friends who now breed from her, she still gets dog biscuits twice a week!

Thank you all and the GR contributors for a wonderful magazine.  
Merle Perham,  
PO Box 341, COOROY 4563.



Dear GR,

Thank you for a wonderful magazine. I grew up on a large mixed farm with my Gran and Grandad. I have always had my dream of one day getting back to the dirt. My dreams were shattered in September 1989, when I was involved in a car accident. I was a passenger and we were stopped at a red light when we were hit from behind. I received a broken neck and many other injuries which make my life a little uncomfortable, but I'm so lucky and I make the most of every day. However, the dream of having a very large veggie garden to help feed the family and friends and to dry and freeze foods for as much of the year as possible and to grow lots of flowers and fruit trees and have chooks, is far past me now. I do have a small plot and many pot plants which give me enjoyment.

I love GR, it keeps me in touch with the way I have always wished to live and I get lots of ideas for making things too. I like handicrafts, cooking and outdoors, GR is my number one magazine.

I would like some help. Would any readers know where I could

locate three or four EMU EGGS OR OSTRICH EGGS that are empty. I have a friend who decorates duck eggs and she has asked me if I could get her any eggs to decorate for herself and for me too. She makes little doors on the eggs and puts music boxes and dolls etc inside the egg - they are so beautiful. She is on a pension too so her funds aren't too great. This is what she does for her hobby.

This afternoon I'm going to make 'Ginger Beer - no 'plant', no yeast' from the recipe in the Feb/March '96 GR - a great drink for upset tummies or for people who don't travel too well.

Janet Randall,  
131 Constance St, MAREEBA 4880.

Dear Grass Roots Readers,

We'd like to take this opportunity to say hello. Diana and I have just moved to Glenwood Qld, halfway between Maryborough and Gympie. We have five acres of Gympie messmate that we'll partially clear to make a permaculture homestead and pottery. So far, we've organised a kit home and a fellow to put in dams, but we still need to acquire a fair bit more: herb and veggie seeds, trees, poultry, pigs, pottery supplies, building materials. All these things are commercially available, but we love a BARTER OR A BARGAIN. We'll also be needing a bit of physical labour help. Couldn't pay much but if someone needed a place to camp for a while near Fraser Island, Tin Can Bay area, or wants to stop by for a cuppa or a cold one.

J and Diana,  
Box 187, Torquay, HERVEY BAY 4655.  
Ph: 015-025-401.



Dear Megg,

I read in GR 115, an article on Snail Farming by Pam Jeffrey. Whilst I am all for enterprising people doing their own thing and raising livestock of all kinds, I am very concerned at the thought of anyone FARMING SNAILS. The reason for this is simply that snails are the intermediate host for the human intestinal fluke. This parasite inhabits nearly every human being, and it is now known that adult flukes combined with toxins, solvents and heavy metals in human organs, cause cancer.

I remember my grandmother telling me never to touch snails, that they were 'dangerous'. I did not know why, but I obeyed her. That was more than 50 years ago. Obviously, people knew then that snails carried something which caused sickness in humans.

Jan Welling,  
53 Norrie Ave, CLOVELLY PARK 5042.

Dear Readers,

We're Kylie and Ché (plus one small person by the time this is published) and are currently living on the opal fields in north-west NSW. We are looking to move to the ALBURY-WODONGA area in 1997 as Kylie has a place at university there. The three of us (plus 1 dog) are investigating the accommodation options in the area and wondering if anyone can help us out.

We are looking for a place to live, independently, which is a bit out of town (commuting distance), preferably with a bit of room to move, air to breathe etc in a rent/work for rent/caretaking situation. We currently live in a hut on the field without power, town water, phone etc and have found GR a great reference and resource. Ché has mud bricking experience and lots more at general labouring, and can work or help out when not doing childcare duties.

We'd really like to hear from anyone in the area with, or who knows of, a situation which may suit us. We plan on making the move Dec/Jan and are prepared to come down and check out possibilities beforehand.

K Durant & C Jepson,  
Glengarry Opal Field,  
C/- Sheeppyard Inn, Via WALGETT 2832.

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## CHRISTMAS GIFTS

It takes some thinking and imagination to choose the right gift to give to our family members and friends. You want it to say, 'I care about you and I want to make your Christmas special', and this can be tricky on a limited budget. Here are some ideas to help you to start your Christmas gift selections.

- Make an audio or video tape to send as a gift to someone far away. Include the family singing Christmas carols, a talking letter, family discussions, a Christmas or news programme.
- Put together a collection of things about you for a grandparent or friend. Include a current photo, some of your artwork and a specially written poem or story.
- Design a cook book with your favourite recipes included. There are many recipes in the Kids Pages and While the Billy Boils sections of *Grass Roots* to try out. Give a sample of your cooking with the book; perhaps a pot of jam or a tin of home baked biscuits.
- Check out op shops and market stalls for preloved items that may be suitable for Christmas gift giving, and can be bought quite inexpensively.
- Grow a plant in a pot. Wrap it with foil and a ribbon.
- Become a gift! Give your time to help out: babysitting or pet caring, doing odd jobs, washing the car, mowing the lawn.



## CHRISTMAS COOKING

An old English Christmas greeting was 'Wes hal' or 'Good Health'. This was shouted as people warmed themselves with a drink of steaming apple flavoured ale, the 'Wassail Bowl'. Here is a recipe for Wassail, for all ages to enjoy on Christmas Eve as you sing carols. Remember to shout the traditional greeting!

### Wassail For All Ages

- 2.5 lt grape juice
- 1.2 lt apple juice
- 600 ml lemonade
- 1/4 cup honey
- 2 sticks cinnamon
- 1/2 tsp whole cloves

2 green apples (Granny Smith variety)

Core the apples, but don't peel them. Push two cloves into each apple. Place the apples in a shallow baking pan. Bake at 180°C for 20 to 30 minutes until cooked, but still firm. When cool enough to handle, cut into thick slices.

Stir together the grape and apple juice, lemonade, honey, cinnamon and remaining cloves in a large pot. Heat until just boiling, stirring occasionally.

Float apple slices on top of the hot punch just before serving.



## DID YOU KNOW?

The use of holly and ivy as Christmas decorations comes from times before Christianity when they were symbols of new life and fertility. In later times, holly became a symbol of good luck: the sharp leaves represented Christ's crown of thorns, the red berries his drops of blood.



## CHRISTMAS TABLE DECORATIONS

### Christmas Crackers

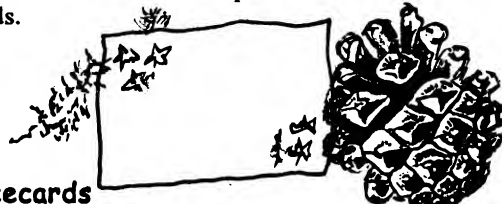
The cracker is a Christmas custom that was invented by a pastry cook and confectioner named Tom Smith during the mid 1800s. While on holiday in France he noticed sugared almonds called bonbons sold in twists of coloured paper. He returned to London and tried the idea out, later adding mottoes or riddles in with the sweets. They did not sell as well as he had hoped, but one day he suddenly had the idea of putting in the bang. After various experiments he came up with the tiny explosion caused by the friction of two strips of chemically treated card being pulled. By 1900 he was selling 13 million crackers each year! You can make your own crackers to put on your Christmas table. They are fun to make, cost much less than bought crackers, but, alas, don't go bang.

#### What You Need

- inner roll from lunch wrap or toilet roll
- crepe paper, about 20 cm by 20 cm for each cracker
- small pieces of paper for jokes and riddles
- tiny gifts or trinkets
- a paper hat
- small lengths of ribbon
- old Christmas cards

#### What To Do

Write your jokes and riddles on the pieces of paper. Put the joke, gift and paper hat into the cardboard roll. Lay the cardboard roll across the centre of the crepe paper and roll it up. Tie off both ends with ribbon, close to the cardboard roll. Decorate the cracker with pictures cut from the old Christmas cards.



### Placecards

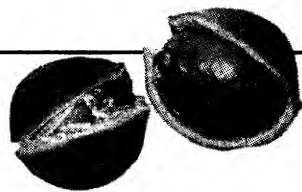
Collect enough pinecones to allow one for each place setting. You may like to spray the pinecone with gold or silver paint, or decorate it with tinsel. Cut small cards from cardboard and decorate with ribbon, tinsel or cut out pictures. Write the name of each person on a card and use the pinecone to hold it.

# WHILE THE BILLY BOILS



## Macadamia Magic

by Marion Boetje, Maryborough, Qld.



Macadamias, the superbly edible nuts native to southern Queensland, are justifiably making their way into all sorts of delicious products, from sweets and jams through to meat seasonings and savouries. A few years ago, when we moved from our farm into town, we left behind with some great regret the peace and quiet of the bush and our fledgling citrus trees. This loss was somewhat compensated for when we discovered a house with a large and flourishing macadamia tree in the backyard. This tree has continued to supply us with enough nuts to last all year round and a constant encouragement to find new and adventurous ways of using them. It has almost become like the cynic's companion-planting catch cry – 'Marigolds with everything!' We say – 'Macadamias with anything!'.

### MACADAMIA MALT BREAD

(otherwise known as Sticky Bread)

- 2 cups self-raising flour
- 1/4 cup sultanas
- 1/4 cup finely chopped macadamia nuts
- 1/2 tsp carb soda
- 150 ml milk
- 2 tbsp golden syrup
- 2 tbsp malt extract
- 1 tbsp brown sugar

Mix flour, sultanas, nuts and sugar. Gently melt syrup and malt. Gradually add milk, then soda. When the mixture is frothy, add to the dry ingredients and mix well. Spoon into a loaf tin and bake at 170°C for 1 hour. Turn on to a cooling rack. Leave until cold and store in an airtight container 24 hours before slicing. Serve spread with butter.

### ROAST CHICKEN SEASONING

- 1 small onion (chopped)
- 1 cup cooked brown rice
- 1 tbsp chopped parsley
- 2 tbsp chopped dried apricots
- 3 tbsp finely chopped macadamia nuts

- 1 tbsp margarine

Mix all ingredients well and use to season (stuff) a chicken prior to roasting.

### CHICKEN WITH MACADAMIAS AND SULTANAS

600 g chicken meat pieces, cut into strips

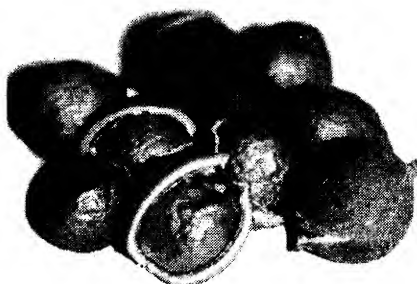
- 2 tbsp sultanas
- 1 tbsp oil (macadamia is great)
- 1 tbsp chopped parsley
- 2 tbsp chopped macadamia nuts

#### Sauce

- 1 chicken stock cube
- 1 tbsp soy sauce

- 1 tbsp sherry
- 1 teaspoon cornflour
- 1/2 cup water

Heat oil in frypan. Sauté chicken strips until just cooked. Add nuts and sultanas. Mix all ingredients for sauce together. Pour over chicken and cook on high heat for 1 minute. Serve with rice and salad.



### MACADAMIA PLUM GUMBO

- 2 kg plums
- 1.5 kg sugar
- 250 g chopped sultanas
- 2 thin-skinned oranges
- 1 thin-skinned lemon
- 125 g chopped macadamia nuts

Peel the orange and lemon rinds, leaving any white pith. Shred the rinds very finely. Squeeze the fruit juices. Place all ingredients except the nuts in a heavy-based pan and simmer until the plums are soft. At this stage, the seeds of the plums can be lifted out. Stir in the nuts and continue simmering until the mixture is very thick. Cooking time should be about 1 1/2 hours. Spoon into sterilised jars. Leave until completely cold before sealing.

### CHOCOLATE CHIP AND MACADAMIA COOKIES

- 125 g margarine
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 tsp vanilla
- 1 egg
- 1 1/4 cups self-raising flour
- 125 g chocolate chips
- 60 g macadamia nut pieces

Cream together butter, sugars and vanilla. Add lightly beaten egg gradually. Mix in the sifted flour, followed by the chocolate chips and nuts. Place small balls of the mixture on lightly-greased oven trays, allowing room for spreading. Bake in a moderate oven 10 to 12 minutes.

### MACADAMIA BUTTER

(for when you truly have a glut!)

Grind nuts, a small amount at a time until the required consistency is reached (smooth or crunchy). This process will be helped by the addition of very small amounts of oil (macadamia).

### MACADAMIA FRUIT LEATHER

Plum Gumbo makes a great tangy fruit leather. Make the gumbo, omitting the nuts. Boil until very thick. Cool the mixture slightly and blend to a smooth consistency. Add finely chopped macadamia nuts and mix well. Spread on oven trays and place in a very cool oven to dry to the consistency of leather. Cut into pieces and store in an airtight container. (You won't have to store it for very long!) Fruit leather can also be dried in a dehydrator.



# ROBERINO'S SPECIAL CHRISTMAS CAKE

by Roberino, Arrawarra Beach, NSW.

As Christmas is coming and the turkey's getting fat it may be time to tell the faithful readers a secret or two.

Long before actually cooking the cake buy lots of dried fruits from the cheapest source. Cut them up with a sharp knife, or you can use an old meat mincer. Use only dried fruits of your choice and definitely not the bags of mixed fruits full of lemon peel and heaven knows what. Choose the ones you like to nibble on as a treat to yourself. Select a large glass airtight jar – or many small ones if you prefer – half fill with the diced dried fruits and cover with the spirits of your choice: rum, brandy, vodka etc. Stir and mix very well with a nonmetal spoon or a piece of wooden dowel, then fill to three-quarter height with more fruit and spirits and mix again. Don't fill any higher or the dried fruit may swell more than you think it will.

I like to give the soaking stage at least a month but if you've only got a week then that's it isn't it!

As this recipe freezes beautifully I usually make a large batch of small cakes, rather than one huge one, but it doesn't matter except the big cake will take longer to cook. Testing with a saté stick is a must whatever size you choose. Remember all ovens are different!

Preheat the oven if a nonfan type, no preheat if a fan type oven. Line tins with

silicone baking paper and only fill the tins three-quarter height as mixture will rise. If you're a chocolate freak you can freeze a large chocolate then throw it flat at the floor. When it's unwrapped it's in a hundred small pieces. Add to recipe.

Amounts are for a large batch. Reduce for smaller quantities. Wear short sleeves and a shower cap to stop the dreaded hairs falling into the mix (disaster!).

## RECIPE Ingredients

6 kg diced dried fruits: apple, figs, dates, pawpaw, mangos, pears, cherries, sultanas, peaches; soaked in vodka, tequila, etc

2 kg flour of your choice, mix separately with next 3 ingredients

2 dozen large eggs, well beaten

200 ml olive oil (light) or extra virgin if you like olives

500 g treacle thinned with 2 cups of warm water

1 kg pecan nuts (whole or pieces)

1 kg brazil nuts (whole or pieces)

1 tsp vanilla essence

## Method

Mix flour, eggs, oil and treacle separately. Then put all ingredients into a new and washed plastic bucket.

There's only one good way to mix

this. Have a good pee, a cup of tea and have someone standing in attendance to scratch your head, your nose, whatever, because when you get your hands stuck into that mix there's no turning back. Wash your hands and fingernails, wrists, forearms well.

Fifteen minutes later when it's all blended and you've been scratched from head to toe, you can dollop the mix into whatever cake tins you have decided on.

I use bread baking tins as I find I can fit eight of these nicely into my oven. They may not present too well for some situations so it's up to you to decide. Then it's into the oven for 1½ hours on 5/10 setting on my old Gorenje oven made in Yugoslavia (Does anyone have spare parts for these?), which I guess is half maximum heat.

During the cooking check that the tops of the cakes aren't getting too dark. This can happen even after one hour of cooking. To stop any further darkening place some folded brown or white paper on top of the cakes. When cakes are cooked remove from oven and allow to cool overnight then wrap and place in freezer for future use. To thaw allow four hours. Can be used as a dessert with whipped fresh or runny cream, custard etc served hot or cold. Enjoy, enjoy, enjoy. And they make wonderful personal Christmas presents.



Some of the ingredients for Roberino's special cake. Samples of vodka only after the cake is made, please.



# HEADACHE RELIEF

by Gaelle Murray, Pialba, Qld.

Don't suffer unnecessarily during the festive season: try some of these simple homemade remedies.

There are a multitude of reasons that can cause us to suffer from headaches: faulty eyesight, tight shoes, stress, acidosis, anaemia, bad teeth, influenza and hypertension are just a few.

A migraine is usually a more severe form of headache in which the pain is often one-sided. Daylight exacerbates the pain, whilst a darkened room and rest is soothing. An attack can last for about eight hours. Often any sounds may appear overwhelmingly loud and appear to reverberate long after the sounds cease.

Almost everyone suffers from headaches at some time in their lives. It is not regarded as a disease, yet it interferes with our lives. Most headaches can be treated easily by reaching for analgesics, but there are alternative ways of dealing with them which are not necessarily expensive to the sufferer.

• Try dipping a cloth in vinegar. Wring

it out and place over the eyebrows and forehead.

• Rice tea is excellent for pounding headaches. Put raw rice into a slow oven on a biscuit tray and stir it occasionally until it browns. Store it in an airtight container until needed. Place a few grains in a cup as you would tea leaves and steep in a warm place for 30 minutes before using.

• Mix enough powdered ginger and water together in a small bowl to make a thin smooth paste. Apply to the forehead and temples and lie down for a while.

• To make a relaxing tea for migraines, steep two tablespoons of fresh or dried chamomile in 600 ml of boiling water for 40 minutes. Strain and sweeten with maple syrup and drink one to two cups at a time.

• Place a level teaspoon of dried ground basil into a cup of hot water for 10

minutes, then strain. When the liquid is cool add two tablespoons tincture of witch hazel. Apply as a cold compress to the forehead for relief you wouldn't believe.

• For relief of a mild migraine, mix the juice of three lemons into a bowl or sink of hot soapy water. Stand with each foot in a bowl of hot lemon water and your hands in a sink of the same. (We promise not to look.) The standing position is thought necessary for success of this one.

• Bring 600 ml of water to the boil. Remove from heat and add two tablespoons of fresh or dried mint. Cover and steep for 50 minutes, then strain. One to two cups of mint tea will relieve the headache.

• Add a dash of apple cider vinegar to water in a vaporiser and inhale the vapours for five minutes. Lie quietly and the headache will be relieved in five minutes.

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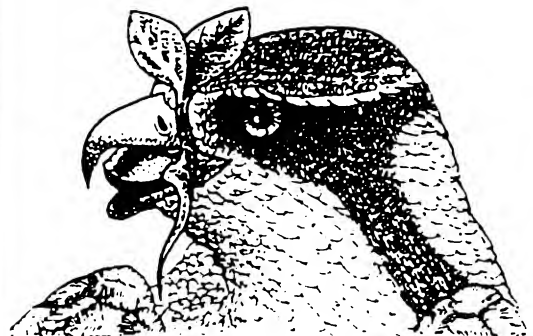
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# HOMEMADE GAMES

by Sherryn Savage, Currambine, WA.

Games can be expensive to buy, so why not make some for the children in your life, or let the kids make their own? You will both experience a lot of personal satisfaction and you won't end up in debt. Best of all it will keep children constructively amused for hours, not only making the games but also playing with the finished result. If you are making the games to give as gifts, print 'how to play' instructions clearly on a piece of sturdy cardboard.

Here are a couple of ideas to get their imaginations flowing.

## JACK-IN-THE-BOX

### Materials Required

- 2 colourful sheets of cardboard
- 1 small tin or container with a lid
- cello tape
- scissors
- ruler
- pencil
- texta

### To Make Up

Mark out and cut cardboard strips in each colour. They should be slightly narrower than the container you are using.

Make the cardboard strips up into a streamer.

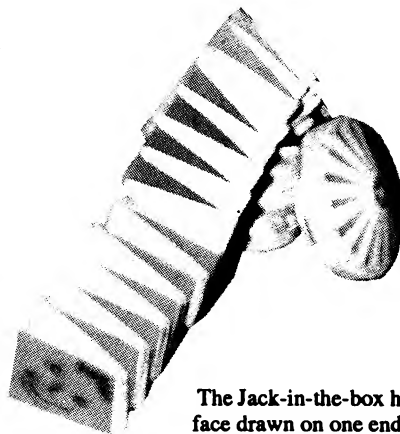
Draw a face on one end of the streamer as in the illustration.

Attach the other end of the streamer into the base of the container using cello tape.

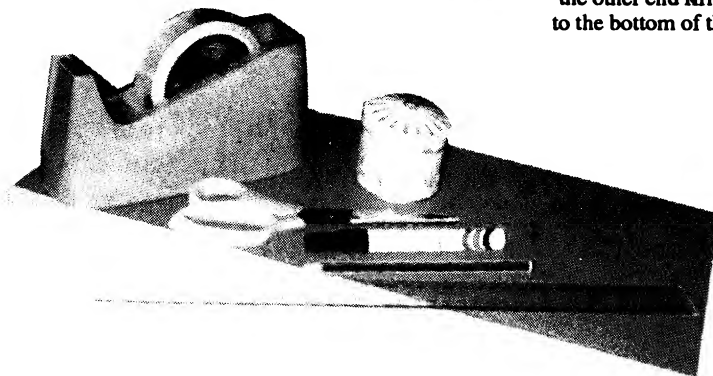
Place the lid on the container and your Jack-in-the-box is now ready to jump out and delight any child.



Amy and Bradley Savage having fun with their homemade Jacks-in-the-boxes.



The Jack-in-the-box has a face drawn on one end and the other end firmly fastened to the bottom of the container.



Materials to make a Jack-in-the-box.

## TRAFFIC CONTROL

### Materials Required

- 1 sheet cardboard (45 x 45 cm)
- pencil
- ruler
- coloured pencils
- texta
- letter stencils
- dice
- micro cars or plastic counters

### How To Make Up

Begin by drawing a colourful one centimetre border around the cardboard. Starting at the bottom left-hand corner of the board, begin drawing the road. Squares are 2 1/2 cm wide by 4 cm. Draw the road back and forth across the board finishing about 12 cm from the top. Add a few roundabouts as you go.

Weave a railway line through the game, making sure you avoid the roundabouts. Write 'start' at the beginning of the game and 'home' in the final square of the road, drawing a house alongside it. See photo two.

Divide the road by drawing a broken line down the centre. Place traffic lights and stop signs at random on the board.

Now divide the roundabouts into four even segments. Using stencils write

'Traffic Control' across the top of the game, with lights on either side, and finish off by scattering a few trees around the board.

Your finished game should look something like photo three.

#### How To Play

Each player in turn rolls the dice and moves forward the number of squares indicated. If the player lands on a red traffic light, he must stop and miss a turn. If he lands of a green traffic light, he immediately takes another turn. If a player should land on an amber light, play continues as normal. When landing on a stop sign, the player must stop and miss a turn. The roundabouts can be moved around in either direction.

The object of the game is to be the first player home.

**Note:** To protect your board games and give them a longer life, cover them with clear Contact.

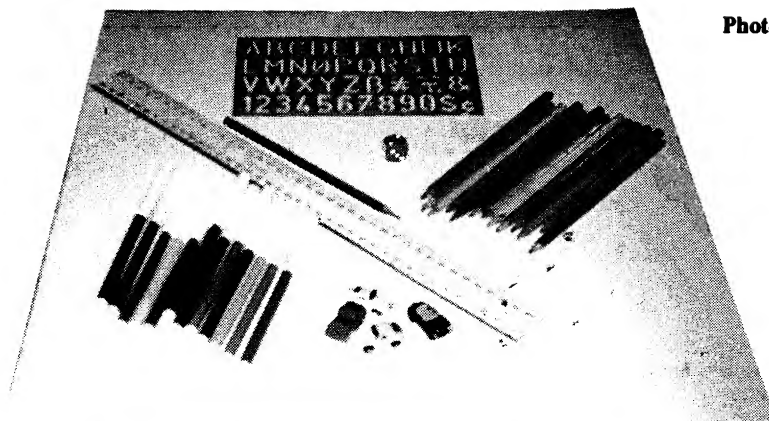


Photo One

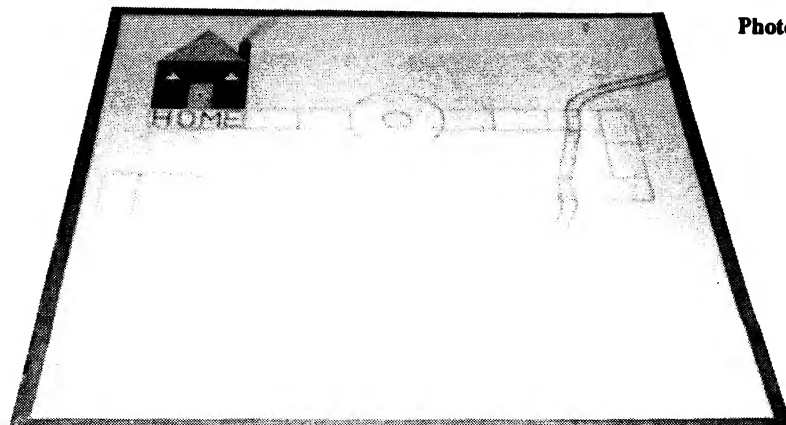


Photo Two



Photo Three

Photo One

Materials to make Traffic Control game.

Photo Two

Road, roundabouts, railway line  
and home are in place.

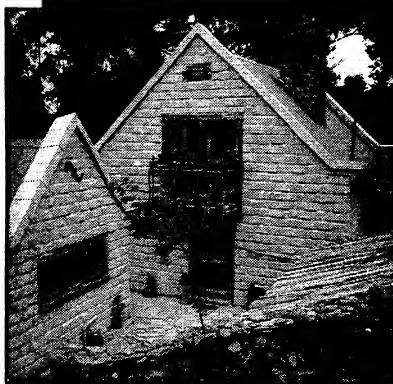
Photo Three

The game is ready for play.

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# SUPERPHOSPHATE?

## SHOULD WE BE USING IT AFTER ALL?

by Robin Jean, Braidwood, NSW.

Many people on the land now are choosing not to spread superphosphate. Either they are concerned about the environmental consequences or they just don't want the added expense. But what are the consequences of not using superphosphate? And how can you overcome them?

The vet rang us last Saturday morning. An unusual event. The calls usually go the other way. 'Remember that cow you had?' he said, 'the one with the phosphorous deficiency?'. Of course I did. It has been the one occasion when I had actually tracked down the solution to a major veterinary problem. I had felt pretty pleased with myself, actually I still do.

The great discovery occurred after one of our Murray Grey-Guernsey cross cows arrived at the yards with a severe limp. I checked her feet and legs for signs of heat, swelling or redness. And with a negative on all I decided to ring the vet. He agreed it was a bit of a puzzler but suggested that an antibiotic might be in order. So I drove into town, collected the stuff and we dosed her up. Despite these attentions she didn't respond and continued limping pathetically around the place.

I didn't really want to pay the price of a veterinary home visit so I decided to do my own research. First I fetched out my books on cows and cow diseases. Then I dragged out the goat and sheep books to provide me with a more balanced view. And I started reading.

There are a lot of pages in some of those books. By the time I was halfway through I figured that not only did the stock have most of the conditions described but I was also suffering from quite a few of them myself. Nonetheless I persevered. I checked out poisoning and feed problems; I checked out parasites. But it wasn't until I reached the section on nutrient deficiencies that I felt I was getting onto the right track.

Nutrient and mineral deficiencies in both plants and animals are a complicated matter. Often something that may appear to be a deficiency of one nutrient

will turn out to be a problem with a totally different compound, since the uptake of some compounds or elements is often dependent on the presence of others. And it could be those other elements that are missing.

I finally found a candidate. And as I read it made more and more sense. According to my books, cattle which are deficient in phosphorous have a tendency to develop infections and they produce smaller offspring. Their bones also become brittle and have a tendency to break when placed under stress. It sounded all too horribly familiar. We've always had smaller calves than you might expect and our animals shrink as they get older. In addition, over the past ten years we have lost three of our animals to broken legs!

We were told when we first moved onto our land that the ground was deficient in calcium. Everyone said it was obvious from the way stock chewed any bones lying around and from the small size of the animals. The way that new stock brought in shrank in size over the years was another obvious sign of missing calcium. 'Give them a calcium and molasses lick and all will be well', the old timers said. We did give them a lick, but they didn't like it much. In retrospect this wasn't surprising really since they weren't directly missing calcium anyway.

As it turns out, phosphorous deficient cattle also chew bones. Mind you, the old timers weren't all that wrong. Calcium uptake is dependent on phosphorous levels. Australian soils are reputed to be deficient in phosphorous, and, as anyone who has done science at high school knows, if there is a deficiency in one part of the food chain, this

deficiency will be amplified up through the system. If the soil is missing phosphorous, so too will the grass and the animals which eat the grass. And overall the animals will be deficient in calcium too, because they need the phosphorous to help them absorb it.

When I rang the vet to tell him my ideas on phosphorous, he thought for a moment and then realised the implications as I had done. We had owned our land for some 18 years and had not applied any super in all that time. The result was debilitated cattle with acute phosphorous deficiency.

### THE SOLUTION

To fix the limping cow and stop deterioration in others we needed to give the animals a high dose of phosphorous immediately. The vet said he could fix us up with something but it would be expensive. So we decided to try a solution suggested in one of my books. Basically this was a recipe for extracting the phosphorous from superphosphate and then adding it to the animals' drinking water.

I separated our problem cow from the rest. I wanted to keep her away from the others because I didn't want any of their pushing and shoving to place stress on her brittle bones. Then I shut her in the yard at night with no water and gave her a phosphorous laced drink every morning. It took three weeks of this intensive treatment before she stopped limping. By the time she was okay I was heartily sick of carrying water to the yard in buckets.

Since then we have made a high phosphorous mineral block available to our stock. There are a few commercial salt or mineral blocks that are suitable. Our animals like best Rumevite cattle protein phosphorous block with three to five percent phosphorous. This is probably because it has molasses in it. Next they prefer the Olsson's Minarea lick which has about five percent phosphorous, and, as a last resort, I give them a Lactovite lick. This last we only use when they are grazing with the horse



since the first two have urea in them and this is not recommended for use with horses.

One interesting side issue we have noticed is that our local kangaroos now use the lick as well. Perhaps they also benefit from the extra phosphorous. As a more long-term solution we should look at spreading chook manure or dolomite as a way of adding the extra phosphorous that the plants also need.

Phosphorous is an essential element for organic life. If your soil is deficient and you run stock entirely off the pasture you grow yourselves then you may run into the same problems we have encountered. Our vet says that from having never set eyes on this problem before, he is now becoming aware of more cases in the area and is dosing other cattle in the same way we did ours. That is what the phone call was about. He needed the recipe for the phosphorous drink.

But there are greater implications. If you also gain most of your food from phosphorous deficient land, then you may run into this problem yourself. Its symptoms are remarkably similar to some changes in old people: shrinkage in stature, being prone to infection and broken bones.

#### RECIPE

This is a phosphorous boost for acute cases of phosphorous deficiency. Cattle need a daily intake of six to fifteen grams of phosphorous. Dissolve 10 kilograms of superphosphate in 20 litres of water. Use just the single super and don't get the stuff with extras such as selenium or sulphur. Leave it to soak overnight. In the morning, drain off the clear liquid and dispose of the sludge sensibly. It contains flourine and gypsum which you may not want just any old place.

Each litre of liquid should contain approximately 40 grams of phosphorous. If you add 5 millilitres to each litre of drinking water, an animal drinking 30 litres of water per day will receive six grams of phosphorous.

If you want to do some extra reading on this try HG Belschner's, *Cattle Diseases*, revised by Marshall Edwards and published by Angus and Robertson.

In all such cases of suspected deficiencies it is wise to have a soil analysis done.

## HOW PHOSPHORUS WORKS

Phosphorus is absolutely essential for healthy growth and life. It should be kept in balance with calcium and magnesium, otherwise an excess of phosphorus will lead to bone fragility and many other problems of the kind associated with calcium and magnesium deficiencies. Phosphorus should not be lacking in healthy well-farmed soils where organic matter has been allowed to accumulate. Soils that have been heavily cropped and therefore subjected to leaching will be low in phosphorus (and everything else). Unfortunately excessive use of superphosphate with no reference to the calcium and magnesium balance of the soils has led to too much phosphorus in many cases, causing disease condi-


tions due to a lack of other minerals. Phosphorus deficiencies are not as common as we are led to believe, and if paddocks were properly farmed would become nonexistent.

In cases where there is a genuine deficiency, ordinary rock phosphate can be used as a topdressing - again the soil analysis must be the guide. Rock phosphate has the great advantage of being a slow release mineral, and thus the deficiency will be corrected over a number of years, by which time the land should be healthy enough not to need continued supplementation.

From Pat Coleby's book, *Farming Naturally And Organic Animal Care*, available from: Night Owl Publishers, PO Box 242, EUROA 3666. RRP \$17.45 incl postage.

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# THE VENTURESOME, VERSATILE GOAT

by Kathleen McKenzie, Victor Harbour, SA.

Goats first made their appearance in Australia with the arrival of the First Fleet in 1788. They were carried on board ship to provide fresh milk and meat for voyagers. Early settlers farmed goats which were difficult to contain; many escaped into the bush and established the feral goat herds which are still present in Australia today.

## THE BREEDS

There are several different breeds of domestic goats, all of which are farmed for various purposes. The Saanen, Toggenburg and British Alpine are mainly used for milk production while the Angora and Cashmere are fleece and meat producing goats. The Anglo Nubian breed is a dual-purpose goat, being good for meat and milk production. The Boer goat, only recently introduced into Australia, is a meat producing breed. Before choosing a goat you should look at the different breeds available, your requirements and the way you intend to house your goat.

### Saanen

The Saanen is the most common goat in Australia. It is suitable for commercial milking or where space is limited. It has a white coat and caution should be used when buying to ensure the animal has at least some skin pigmentation, as pink-uddered goats are prone to skin cancer due to sunburn. Saanen goats have a quiet, placid temperament and are good milkers, their milk having a low fat content.

### Toggenburg

The Toggenburg is a milking breed, similar to the Saanen. Toggenburg goats are noisy and adventurous animals of medium size. Their coat ranges in colour from fawn to chocolate, with white markings on the legs, face and rump. The fat content of the milk is low.

### British Alpine

British Alpines are good commercial milkers and very active, so are suited to production from free range. They respond well to herding and are not suitable for tethering. They do well in hotter climates. Their coat can be any colour except white and has white markings on the legs, rump, muzzle and ears. Their



British Alpine are active and suited to free range conditions.

milk has a slightly higher fat content than the Saanen.

### Anglo Nubian

The Anglo Nubian is useful for milk, meat and skin production. These unusual animals are best suited to free-range management and do not like being tethered. They are large-framed and noisier than other breeds, with distinctive long ears and a large Roman nose. Their coat can have any markings and is usually in tones of brown and black. They are suited to warmer climates

### Boer

The Boer breed is a descendant of the Nubian, used solely for meat production. It resembles the Nubian, having the same facial features and long ears. This large-framed animal has sturdy legs and a smooth, short coat often with a few spots.



The Boer is used solely for meat production.

### Angora

The Angora is the producer of mohair, whose fleece is made up of long ringlets

which extend to the hocks. The coat is usually white but there are some coloured varieties as well. Angoras are often smaller than the milking varieties, and noisy.

### Cashmere

The Cashmere, whose coat is fine, downy and rather short, is smaller than the Angora. Unlike the Angora, the Cashmere is not shorn, but combed or brushed to gather the hair. The fleece ranges in colour from grey to brown to black and may be flecked with white.

## CARE

### Fencing

Controlling goats can be hard, as they are active and inquisitive. They should be kept in well fenced paddocks or pens, or tethered. Ideally, goats should be allowed to graze free-range, but to do this fencing must be secure.

Goats enjoy rubbing themselves on fences and for this reason barbed wire is not suitable. Chicken wire is also unsuitable, as it is not strong enough to withstand the continual pressure goats exert.

Weldmesh, although expensive, is ideal. A more economical form of fencing, effective in large paddocks, is lamb netting topped with one or two strands of plain wire. To provide shelter from cold winds, pens and yards can be made from wooden palings or pickets.

Electric fencing can also be used but goats, unlike other stock, will keep testing it so it cannot be turned off.

Goats constantly grazing one area can diminish the growth of feed. Dividing your paddock into strips or having a temporary fence which can be shifted, will enable bushes and grasses to recover and also helps prevent worm infestation.

### Tethering

If you intend tethering your goat it requires much time and attention. A tether should never be made of rope, as this tangles and may strangle a goat. It is better to use a strong chain with swivels at both ends and attached either to a length of wire running parallel to the ground or to an iron post. A wide leather dog collar is good and fits most goats.



The long white ringlets of the Angora breed produce lustrous mohair.

Goats will not eat trampled grass or feed contaminated by droppings, therefore they should be moved at least once a day, and water should always be available.

#### Shelter

Whether tethered or free range, a shelter is needed as goats are susceptible to cold, and have little defence from dog attacks. A simple shelter can be made from corrugated iron and timber. Ideally, the floor should be concrete, which makes cleaning easier, and helps keep hooves in shape. The shelter must be warm, dry and free from draughts, so a bed of straw or woodshavings is ideal.

#### Diet

A balanced diet is necessary for continued good health. Like the sheep, the goat is a ruminant with four stomach compartments, but unlike sheep, goats need roughage which they find by eating leaves, bushes and bark from trees. This is called browsing. Together with good pasture, trees and shrubs can become part of the goat's regular diet.

Many common garden plants are poisonous to goats. Poisonous vegetables include: potato, pumpkin, turnips and rhubarb; and in the flower garden watch out for azalea, lily, oleander, fuchsia, poinsettia, rhododendron and yew.

Trees suitable for browsing include wattle, willow, oak, elm, ash and blackwood. Sugar gums and some eucalyptus are highly poisonous to goats. Take care when feeding any clippings or garden matter to your stock – you must be sure

they do not contain poisonous plants.

If you have enough land, you can grow fodder crops. These could include silver beet, maize, millet and sunflowers. If pasture is of poor quality, you can supplement your goat's diet with concentrates. Concentrates are crushed grains (oats, wheat, barley or maize) or ready-made pellets.

Goats should have an ample water supply as they consume about five litres per head per day. Milking goats require up to twenty litres per head per day, and more in hot weather.

#### HEALTH

Unless your goats walk on very rocky ground, it is necessary to keep their hooves trimmed. Foot trimming should be carried out every eight to ten weeks; if this is not done the hoof will grow distorted and can cause the goat to become lame.

Loss of appetite, runny eyes and scouring droppings (diarrhoea) can all be signs of worm infestation. Drenching is carried out every three months to eliminate this problem. Drenches are administered orally using a drench gun, the dose depending on the weight of the goat.

The goat is a very versatile animal, capable of producing milk which is superior in content to that of cows. It also produces mohair which is stronger and more lustrous than sheep's wool, and cashmere which has no equal. When

properly cared for, a goat will not only be productive but a loving intelligent animal.

For more specific and nonchemical help with preventing/treating worm infestations in goats see GRs 35 & 52. Back copies are available for \$4 incl postage.

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# CURING INSOMNIA – NATURALLY

by David Gloster, Glen Waverley, Vic.

I suffered from insomnia for many years. Criticisms from friends, problems at school, arguments with parents – almost anything brought it on. These periods in my life were frustrating and depressing, even though they only lasted a few days. Fortunately, I did not suffer often so I coped reasonably well overall.

During the summer of 1993 I experienced chronic insomnia for the first time. Hot evenings and work dissatisfaction were contributory factors, yet they alone could not explain my seemingly endless nights of sleeplessness. I knew I had to do something because I was struggling to survive. My co-ordination was clumsy, I felt dizzy, weak, lethargic, and of course extremely tired. Sometimes I felt so tired I feared that I would physically collapse.

I had my own office at work and everyone else was too busy to notice my appearance. My sedentary job consisted mostly of filing, with just a few simple data entry tasks to relieve the monotony. I had just enough energy to get through the day. No more.

Something had to be done but I refused to consult a doctor, believing that he would only prescribe drugs. Instead, I did my own research on insomnia. And within a few weeks I was sleeping like a baby. Here's how I did it, including a brief explanation of why sleeping pills don't work.

## WHY NATURAL IS BEST

Sleep medication creates an insidious cycle: tolerance, increased dosage, tolerance, another increased dosage, and so on. Next comes psychological addiction, then physical addiction, followed by various side effects and severe withdrawal symptoms when the frustrated pill popper finally breaks his or her addiction.

Known side effects include impaired digestion, blurred vision, kidney and liver ailments, depression. Enough said!

## DIET

We all know the importance diet plays in a healthy lifestyle. An appropriate diet is especially important for good

sleep. Most guidelines are common sense: fresh is best, moderate consumption (especially in the evening before sleep), eat only when hungry, eat easier to digest fish and fowl rather than fatty meat, avoid coffee, tea and chocolate, chew thoroughly for good digestion and try to cut down on artificial additives and preservatives as much as possible. This all helps, but in my experience sugar is the real enemy.

Too much sugar causes an overproduction of insulin, the hormone that transforms sugar into glucose. The excess insulin not only burns up all the sugar you have eaten, but some of your blood sugar reserves as well. So the more sugar you eat, the less glucose there is in the bloodstream. Insufficient glucose in the bloodstream causes tiredness, a slowdown in the brain's functioning, and disrupts normal sleeping patterns. The solution is simple – cut out all sugar in your diet.

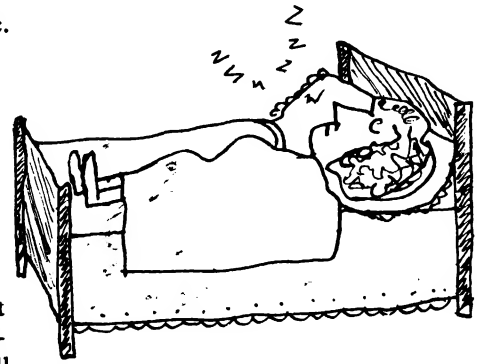
Yes it is difficult to implement in practice, as sugar crops up in so many everyday foods. Tomato sauce, baked beans, bread, and most brands of breakfast cereal all contain sugar. The substance acts as a natural preservative, making it commonplace in many foods that are not even sweet.

Apart from vigilantly checking all supermarket purchases, the best way to avoid sugar is to cook for yourself whenever possible. It will take longer, but your homemade creations will taste better as well as being better for you.

Consulting a naturopath will certainly help, unless of course, your new eating habits have cured the problem already. Bring her a two-week record of your diet so she can advise on your individual requirements.

Apart from naturopaths, health cook books with sugarless desserts are useful. Julie Stafford's popular *Taste Of Life* books contain desserts that use juice concentrates and other natural substances in place of sugar. Other health cook books contain similar recipes.

For sweet teeth, it's handy to know that honey can be used in place of sugar (or sugary substances) to sweeten porridge, spread on toast etc. Honey is un-



refined so it does not cause the same problems as sugar does. I always enjoy warm milk with honey before bed. It's a soothing drink, but more importantly, the calcium in milk is conducive to sleep.

## EXERCISE

Regular exercise helped my insomnia more than anything else. If you lead a sedentary lifestyle, 20 minutes of vigorous aerobic activity four or five times a week could make all the difference. Any aerobic exercise will help: swimming, cycling, jumping rope or playing a vigorous sport like squash or tennis. The most important thing is to keep at it, even if you don't like it at first.

I like jogging because it's so simple – just open the door and run outside! Actually, it's not quite that simple. Gentle stretching exercises should precede any form of vigorous physical activity whether it be jogging, tennis, swimming or anything else you care to try out.

I was fortunate enough to discover a book in my local library with warm-up exercises specifically designed for joggers. If your library is not well stocked or a library is not accessible to you, your doctor can probably advise on this.

If you are unused to vigorous physical activity you must start gradually, with the aim of eventually doing 20 minutes in one session. Common sense will dictate how hard you push yourself, but if you're over 30 it's probably wise to get a check-up before starting regular exercise, and if you're over 50 or have heart problems it is recommended that you have a doctor administer an electrocardiogram (ECG).

It is also advisable to 'wind down' afterwards. This means leisurely walking around for a few minutes, and, more importantly, refraining from sitting

down until fully recovered.

Mini-trampolines for indoor jogging on the spot are available at large department stores such as KMart and Myer for around \$40, so foul weather is no excuse for breaking your exercise routine.

## RELAXATION

If you can't relax you can't get to sleep. Tension, worry and anxiety are problems common to many insomniacs. I can't solve your personal problems but I do advise a regular relaxation routine to complement your physical exercise programme. In my opinion Transcendental Meditation is hard to beat because it is deeply relaxing, extremely enjoyable, easy to learn and increases general happiness.

The last two points: 'easy to learn' and 'increases general happiness', are very important. I've found most relaxation techniques too difficult to be truly relaxing. How can you relax while concentrating on a tape recorded message?

Scientific studies, as well as my personal experience, demonstrate that TM really does increase happiness. It's difficult to worry if you're happy and happy people sleep better. More importantly, independent scientific studies show that people who practise TM are less prone to insomnia. Admittedly, the technique costs over \$400 to learn, but free TM introductory lectures are held throughout Australia on a regular basis. Concessions are available to financially disadvantaged people. Contact your nearest Maharishi Health Centre for further details (listed in the phone book under this name).

Alternative relaxation techniques include self-hypnosis, massage and relaxation tapes. Self-hypnosis has helped me with moderate insomnia, but never

with chronic insomnia. Admittedly, I learnt from a book, but I think this is the best option as professional self-hypnosis therapy could cost almost as much as TM, depending on how long it takes you to learn.

Massages, although enjoyable, have never helped me sleep. You already know my opinion of relaxation tapes. Some organisations, such as CAE (Council for Adult Education) in Victoria, offer courses on meditation that are significantly cheaper than TM. Unlike TM, there are no scientific studies as to how these methods affect sleep, but they are worth looking into if you can't afford TM.

## HABITS

The tips I've given regarding diet, exercise and relaxation will only work if done on a regular basis. They must become habits.

Insomnia itself is often little more than a bad habit. Once the habit is broken a new habit of sound regular sleep can be established.

To establish good sleeping patterns you should develop a regular sleeping timetable. This may require some experimentation, especially if you hold fixed views about how long you should sleep. A typical example is the person who goes to bed at 10pm, wakes at 3.30 am, and spends the rest of the morning worrying because they are unable to get back to sleep. The person thinks something's wrong because they've only slept five and a half hours. Yet in reality, this may be all they need. By contrast, someone else may require nine hours sleep. The worry created by this perceived insomnia can cause genuine insomnia to develop. So determine your requirements, develop a schedule, and stick to

it until it becomes a habit.

It's also important to associate your bed with sleep. Apart from sex, other activities like reading and watching television should always occur somewhere else.

When you finally get under the bed-clothes don't try to sleep. I know this sounds absurd, but trying to sleep at bedtime is a bad habit. Instead, you should follow the advice of TM's founder Maharishi Mahesh Yogi. He recommends 'lazy lying': just lying peacefully in bed.

## Growing Bamboo Shoots as Vegetables in Australia,

Australian Bamboo Network, 1995.

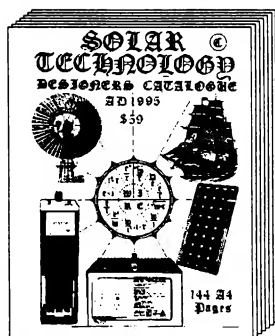
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# SNAKES

## A PEACEFUL COEXISTENCE

by Anne Craig, Boolarra South, Vic.

Snakes are a part of Australia's unique wildlife. They do not enjoy the cute cuddly image of some of our better understood animals, but the fact that they are now protected should make us realise that they are an important part of the environment. Snakes prey on small creatures such as mice, lizards, insects and birds. They have definitely not evolved to prey on man.

Snakes can move fairly quickly, but only for short bursts. An average person can outrun a snake, which is a comforting thought. A snake's method of locomotion is quite laborious, requiring it to get a grip on the ground. Being cold blooded, snakes slow down even more when the temperature is too cold.

A snake's eyesight is not terrific either. Their short range vision is acute but deteriorates rapidly with distance. Snakes have no ears and their hearing mechanism only allows them to pick up low frequency vibrations through the ground, which permits them to detect the footsteps of a human.

A snake's only well-developed sense is that of smell. When a snake flickers its forked tongue, it is actually tasting the air, and an organ inside the mouth computes the taste so the snake knows what it is smelling. Human smell is detected as enemy rather than prey.

When a snake attacks, it has only two ways of killing its victim – by crushing it to death, or by injecting poisonous venom. Nonvenomous species, such as pythons, use the first method and usually pose no threat to humans. Rare deaths have however occurred, so people handling these reptiles need to take every care. It is the venomous species which cause most concern.

Because snakes have no claws, limbs or beaks to grasp their victim, the venom has to be fast acting. It is injected through fangs which act like hypodermic syringes.

Slow movement, poor eyesight and hearing, no means of grasping – the odds are certainly stacked against the snake when it come to humans. This is why snakes are shy creatures, avoiding humans whenever possible. Snakes are

not the aggressive, evil creatures they are often made out to be. Most species are shy, retiring animals who like to be left alone. This is good news! In fact, the large snake population compared with actual sightings verifies their shyness.

People do get bitten, although rarely fatally. Snakes will strike, but only when their escape route has been cut off or when they perceive that they are being threatened. Most snake bites occur when people are attempting to kill snakes, or when they accidentally step on one.

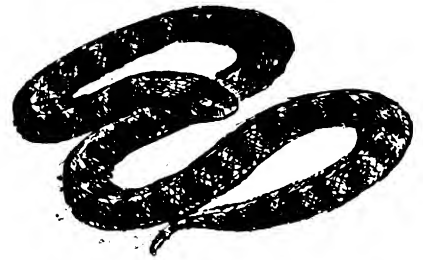
By understanding snakes, we can reduce the incidence of meeting one. Since snakes detect vibration, always stomp heavily through likely snake areas. If you catch sight of a snake give it plenty of space to retreat. If you are in the way, run. It may not be good for the image but it may save your hide.

Beware of places in which snakes are likely to be found. Snakes are cold blooded and need to maintain a body temperature of about thirty degrees Celsius. On cooler days, they bask on warm ground or rocks. Because they cannot move quickly, especially when cold, snakes will generally bask in areas which are close to shelter where they can retreat if necessary. Long grass, piles of rubbish, logs or rocks next to open warm areas would be danger sites.

Likewise, remove piles of rubbish, wood and building materials from around the house or areas frequently visited. If there is no shelter for snakes they will move on. Discourage mice and birds from the house and sheds as these provide easy prey for snakes. Snakes hunt actively on warm days but also at night, so carry a torch and wear suitable clothing if out on a hot night.

In the colder areas of Australia, snakes hibernate in winter and generally come out around September or October. They are ready to mate at this time so are fairly active. Thick boots and clothing will provide some protection if a snake does strike.

If you do find a snake, remember there is a law protecting them and they can only be killed if they are endangering life. If you feel it is necessary to kill



or remove a snake, call an expert, don't attempt to do it yourself.

A tip from an old local with many snake stories under his belt is to always keep a freshly raked layer of dirt or dust over your shed floors so you can see if a snake is present by the tracks it leaves.

Snakes are specific to different areas and it is advisable to learn to identify snakes found in your locality. If snakebite does occur it is helpful to know what species is involved so that the correct antivenene can be given. However, nowadays the venom can be identified so never wash the wound.

It is unlikely that a snakebite will prove fatal because usually not enough venom is injected. However, regard all snakebites as emergencies. Keep the patient calm and seek help immediately. Apply a pressure bandage to the wound to immobilise the area and restrict the flow of venom. If possible, notify the hospital or doctor and try to reach medical attention within two hours, but the sooner the better.

Snakes have a vital role in the biodiversity of our fragile and distinctive Australian ecosystems. A little knowledge about them, and due care on our part, can help us achieve a peaceful coexistence.

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# BE WATER WISE

Experience has shown that the average family can save 20 percent of the water they use at home by simply changing their habits. If you are willing to spend a little money on your plumbing and your water-using appliances, it's possible to cut your water use, and your water bill, in half. By changing existing plumbing most households can save water, save money on water rates, save money on electricity. Every household has different needs and habits, and the water you use depends on the size of your family.

Out in the garden grass clippings, straw, lucerne hay, fallen leaves and light prunings can be utilised regularly as mulch. The practice of mulching not only saves on water evaporation but it also reduces the number of hours per week you spend walking around the garden with a hose. Your plants will also be less stressed and healthier. As the mulch decomposes it improves soil texture, adds nutrients and feeds the millions of beneficial soil micro-organisms as they go about their invisible silent work.

Water-Wise Strategy	Water saved per family
<b>In the Toilet</b> Install a 6/3 litre dual flush toilet	33,000 litres per year
<b>In the Laundry</b> Use a front loading or twin tub washing machine	16,000 litres per year
<b>In the Bathroom</b> Change to a high efficiency shower head. Have flow control valves fitted.	23,000 litres per year 5,000 litres per year
<b>In the Garden</b> Put in a drip irrigation or micro irrigation system for the garden, instead of using a domestic sprinkler.	46,000 litres per year
<b>Leak Detection</b> Repair leaking taps and toilet cisterns – they are a major cause of water wastage.	11,000 litres per year
<b>Save Water – Save Electricity</b> Saving hot water in the shower and the laundry can help save electricity.	Save around \$45 per year

Figures from *The Efficiency of Water Use Report*, by Dr Stuart White, 1994.



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# RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

Roberino tells us what to do with our used cartons and aluminium foil.



If you like recycling, this one will blow your socks off. If you've ever wondered how the heck you can possibly reuse tissue boxes, milk cartons, egg cartons, in fact any small cartons, usefully, here it is.

Clean milk cartons (or other) immediately after original use to reduce any smells. Close the cartons and tape closed. Wrap the small carton in foil and tape ends. As you wrap each one you can throw it in a very large carton. When you've got a few of these large cartons filled it's time for stage three of this unusual pastime.

Find the ceiling hatch which provides access into the roof space of your house and, with any willing helpers, arrange a human delivery chain of the silver boxes to the ceiling. It's best to enlist the help of someone accustomed to groping around roof spaces as it's quite an acquired skill which doesn't suit everybody. It's also quite dangerous as there is electricity up there and if you tread in the wrong spot accidentally you're in deep trouble on any number of counts!

Why are all these aluminium covered little boxes going to warm your house in winter and cool your house in summer? Aluminium reflects heat and

the small boxes trap the air inside them and stop any convection. Do the ceiling over the bedrooms first and you can do more than one layer if you want. It will be as warm as toast or cool as a cucumber. As the hot water pipes usually network around the roof space you will cut down on electricity costs here as well. Maybe drawing a little plan of where all the water pipes and electric cables are located in the roof space is a good idea before you begin, as trying to find these under a sea of insulation later could produce a tantrum or two.

The millions of little silver coloured boxes now decorating your roof space are not as attractive to cockroaches and other pests as the fluffy wools, fibres, batts, pellets, methods of insulating your home; and of course it's thousands, well hundreds anyway, of dollars cheaper. It's not allergy causing: good news for asthma, sinus, hives sufferers. It's not carcinogenic.

If you're still with me and haven't dozed off, here's where the true believers of recycling can grip their armchairs, or whatever they're holding, because now comes the real climax to this project.

If you're into saving all those foil chocolate wrappers, old kitchen foil, old Christmas gift wrappings that are

even remotely silver coloured, or know someone who does, here's a couple of uses for them. First, of course, you can paste or tape them onto the small boxes or containers as above for insulating your house. Second trick is to use bits about A4 size, fold diagonally then pierce a hole about two to three centimetres from a corner and tie onto fruit trees to keep the predatory birds off. The bits of foil move in the slightest breeze and spook-out both day and night-time thieves. Unfortunately, not all of them.

The ceiling insulation boxes are a great potential way for kids to earn pocket money and sell locally for people not into this sort of activity. You'd need a good source for the boxes and somewhere to store them when completed. Sources for foil could be florists, wanted advertisements in your local newspaper, recyclers and so on.

You could also use silver wine cask or mineral water cask bladders, but don't fully inflate them as on a hot day the temperature inside the roof can reach 60 degrees Celsius and the bags will explode. Just *half* inflate them is all you need to do.

That ought to keep you recyclers busy for some time into the middle of next year, and no more batts in the attic.

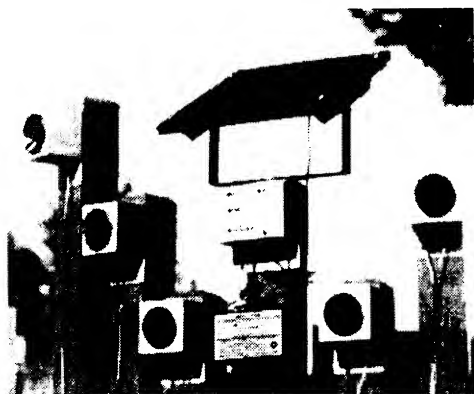
# ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

## VEGETARIAN LIFESTYLE KIT

The change to a vegetarian diet can be achieved easily and in a healthy way with the help of this kit. It provides essential information on nutrition, how to avoid fat and cholesterol and how to get protein, calcium, iron and B12. There is information on pregnancy and children's diets, more than 100 recipes, how to convert any traditional meal to vegetarian, more than 100 fast food ideas and tips for how to get excellent vegetarian food anywhere. The cost is \$29.95, and it can be ordered from:

Dragon International, PO Box 315, WODONGA 3689.  
Ph: 060-208-811, fax: 060-208-836.



## ELECTRONIC BIRD REPELLER

There are few crops which aren't attractive to birds and fruit bats. Bird Gard electronic repellers are designed to drive away unwanted birds. Most birds rely on sight and sound for communicating. When one or more of birds' sensory devices are made inoperative or ineffective, the birds will leave the area. The weatherproof metal case of the Bird Gard control unit contains a photocell circuit which turns off automatically at day or night, or emits sounds on a 24 hour basis. For maximum effect a cycling timer is provided, so sounds are random. The units run directly from a 12 volt battery or adapt to a 240 volt supply. For information and advice on design and recommended control, contact:

Flower Fruit Australia, PO Box 20, EUDLO 4554.  
Ph: 074-436-344. Fax: 074-439-879.

## TIMER GLOBES

The SmartGlo range of globes contains a circuit that allows them to switch off automatically, to save power and to increase globe life. You can choose either a twelve minute or 36 minute globe. There is also a six hour timer globe which turns on for six hours at the same time each day, a Dimming Nightlight which gently dims from full brightness to night light level over a 24 minute period and a Four-Step Dimmer, that dims from 60 watts to 15 watts in four 15 watt reductions each time the switch is flicked.

SmartGlo from Ringgrip are available from Mitre 10 and True-Value stores, or contact Ringgrip, ph: 03-9212-1333, fax: 03-9212-1388.

## SOLAR SHED

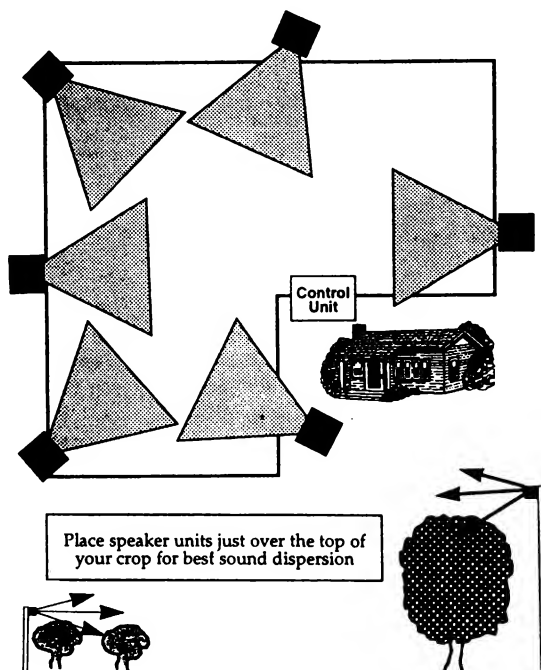
Solar Shed is a framed, high strength shed with three specially orientated surfaces designed for the mounting of solar collectors. Associated equipment can be conveniently housed within its interior. The three collector mounting surfaces eliminate the need for daily and seasonal collector adjustments. The interior allows for two compartments to house batteries and backup generator separately, in the case of remote area power supply systems. There is built-in ventilation and the roof profile allows for PV cooling. Installation can be undertaken by the home handy person or professional installer.

Solar Shed, PO Box 156, ST ALBANS 3021. Ph: 03-9390-2613.

## PUT THE KETTLE ON

The Kambrook Axis kettle has been designed with people and the environment in mind. Its double wall design acts like insulation to reduce heat loss. A water temperature indicator shows whether reboiling is required, saving energy by minimising reboiling. Its design makes it easier to use, fill and clean, safer to operate and more energy efficient. It can be easily disassembled to repair or recycle and has fewer component parts.

Available from most major discount and department stores.



## NATURAL FRAGRANCE

An alternative to the use of chemical-based perfumes, is the use of essential oils. With the Scenter Necklace the essential oil of your choice can allow you to have the effects of aromatherapy wherever you go. Made of 24 carat gold plated chain, the necklace comes with 5 vaporising disks to allow a change from one essential oil to another. The vaporising disks can also be fitted to the Scenter Car Dispenser, for use in confined areas like the car, the refrigerator, the toilet, or in cupboards. The Scenter Necklace with chain, 5 disks and 1 Scenter Car Dispenser costs \$29.95 per set.

Available from ANUW P/L, 18 Grand Panorama Crt,  
LAUNCHING PLACE 3139. Ph/fax: 059-647-169.

# DOWN HOME ON THE FARM

by Megg Miller.

When life is busy you don't always take time to ponder the origins of what you are eating – there usually being more pressing matters to consider. But on a quiet night recently it struck me that the ingredients in the evening's meal were the result of my labours. Fluffy scrambled eggs with fresh herbs, newly picked broad beans and a veggie stir-fry were all derived from the garden or hen house. And they were unequalled for freshness and flavour. No matter how good the local greengrocer, there is no substitute for produce freshly harvested from the garden, nor is the convenience of cutting or picking easy to match.

It puzzles me why more people don't grow a few vegies, especially the varieties that lose flavour with storage. I'd fondly thought most people grew a tomato bush or two and some basil over the summer months, especially as media reports in recent years have indicated a consumer preference for naturally ripened tomatoes. I found this to be erroneous when I tried to give away Tom Thumb seedlings recently. My offer was met with numerous polite refusals: 'I don't garden' or 'It's not worth all the effort' being standard replies. Even if convenience and freshness are not top priorities I'm surprised the chemical-free status doesn't attract more to home vegie production, not to mention the savings that add up when you are not paying out for produce every week.

I've often written about the assaults

my little garden suffers from wildlife and the need for erecting protective covering over many of the beds. Even frustrations like these don't diminish the satisfaction of seeing seeds grow and mature into food bearing plants or detract from the pleasures of enjoying the harvest. Already the early tomatoes are sturdy and strong, peppers and eggplants just a little behind them. Basil seedlings alas, have succumbed to predators and have to be replaced yet again. The old faithfuls haven't been overlooked, new celery, beetroot and silver beet seedlings have had to be sown to replace mature plants which have gone to seed. The parsnips and carrots also bolted during the late spring rains, and ended up in piggy's trough, resowing now being at the top of the jobs list. Of the various crops grown over the last few months broccoli has been the most outstanding, one row continually cropping since May and a follow-up sowing reaching maturity in late spring. The caulies, although planted nearby, have proved disappointing, putting all their growth into leaves at the expense of the head and then shooting defiantly during the first spell of hot weather. Usually this happens when they are sown too late but they were transplanted out in early winter, adequate time for spring maturing. Considering the space they take and heavy feeding requirements, large, leafy plants are a poor return even if the poultry and pig benefit from them.

My father used always to say the

secret of a good gardener lay not just in fertile soil and a benign climate but the regular practice of small, follow-on sowings. Half a dozen seedlings planted out every fortnight kept the family in regular vegetables when I was growing up, and my success as a food producer has improved since I've started following this principle.

A couple of seedlings and a quarter of a row of seeds are an appropriate modification for my lifestyle – and hopefully avoid that dreaded state of affairs, the seasonal glut. Summer gardening has to be restricted here due to the scarcity of water and because time is more valuably spent keeping the multitude of trees around the five acres alive. I'm sure however, friends will be delighted to share their excess harvest with me, especially water guzzlers like cucumbers and zucchini.

Piggy has done well with so many plants bolting to seed and being pulled out. It's a plus for me too not having to chop the coarse stalks up for the compost. She manages to chew through most of them and what isn't eaten seems to end up in her bed as litter. Mind you, there have been some big armfuls of garden rubbish thrown over into her sty in the last few weeks and I detect resistance developing to the green mounds, the lazy old thing. She much prefers the waste from the poultry feeders. Not so the spring hatched poultry babies, they can't get enough herbage to tear apart.

Gosling hatching has been a resound-



ing success, with over thirty littlies surviving hatching and the inclement weather that generally accompanies it. Their growth rate has been quite phenomenal – although no doubt equal to the feed intake – and the oldest already look like small adults. The new additions have swelled the number to unmanageable proportions, the flock now being in excess of sixty, the number inexact because sitting geese are still hidden around the place. I doubt the numbers will swell further, the higher presummer temperatures being unfavourable for hatching, which will disappoint the patient old girls. My flock seem to love goslings as each year there are serious tussles over whose young belong to whom. This year several couples gosling-napped two-thirds of the young and have diligently raised their large family. I gather the flock of an evening for their tucker and lock them up in a holding yard for safety. You can imagine the sight – and noise – when I release them in the morning and lead them to the communal paddock for grazing. Office traffic has to brake and wait for them as there is no way the goose convoy will stop.

Hordes of turkey poult have hatched this year too, although being younger, they haven't made their presence felt yet. I was very fortunate in late September to receive two wild turkey hens from King Island. The Bronze stock introduced there several decades ago have gone feral because of the lack of predators, and I was hoping to establish a group here as part of my conservation work. Dear friends captured the birds in the dark and put them straight into boxes for the journey, and were aghast to find upon release they had delivered two hens rather than a pair. Turkeys, however, are unique creatures and the eggs laid in the weeks following the hens' arrival were fertile, the result of liaisons back on the island.

A handful of rumbustious poult have hatched out in the incubator indicate the fecundity of the wild stock. Their mothers, meanwhile, have joined the feral flock of hens that live in the trees at the end of the farmlet and I'll have to watch them closely to ensure they don't nest in the long grass and get taken by a fox. Considering how cunning even the domestic hens are about their nests this is going to be a difficult task.

Working in the garden and around about the poultry provides ample time

for philosophical thought and, being of an introspective nature, I ponder fully the meaning of life. A couple of events here recently have challenged my theories on fate. When a talk I was to give one Sunday afternoon was cancelled I took the opportunity to invite friends over for afternoon tea. While waiting for them I pottered about the sheds where the incubator and brooders are, disregarding a whiff of smoke as being from a small fire I had lit some distance away. When the whiff took on a stronger smell I could ignore it no longer and on investigation discovered a smoking double adapter. With trepidation I quickly turned it off and pulled the adapter out, to discover the plastic power point part melted away underneath. I blessed the cancelled meeting and friends who forgot our afternoon tea date and felt overwhelmed that for once I'd been in the right place at the right time. A week or so later a power surge disabled the motor running the incubator, and similar intuition led me to return to the machine and so unplug the heavily smoking unit before more serious damage developed. Some would ascribe my timely arrivals as divine intervention but, being irreligious in the conventional sense, an explanation eludes me. Still, there will be plenty of opportunity ahead on my work rounds to contemplate such 'luck'.

With Christmas just weeks away I can scarcely believe another twelve months have passed. In fact the imminence of the festive season has caught me by surprise. Time will not permit bargain hunting forays this year nor complicated homemade gifts, instead simplicity, surprise and spontaneity must be my inspiration. I look forward to a quiet but happy time with Sunshine, who will be utterly exhausted by Christmas day and pleased to rest her weary body. As the manager of a dress store in the heart of Melbourne, the weeks before Christmas are long and tiring.

David and his family will join our luncheon, each of us contributing a course to share the workload. Later in the day there will be time to catch up with my little godchild and her kin and share the spoils of Santa. This august old fellow still stops by at our houses, leaving a pillowcase of gifts for Sunshine and a sock full of surprises for me. He must be terribly rushed, he somehow manages to leave the pillowcase behind here and the sock at Suni's flat. Perhaps he will get it right one year.

## PENPALS

My name is Cassi. I am nearly eleven. I enjoy poem writing, netball, music, reading and playing with puppies.

Cassi, C/- PO Box 242, EUROA 3666.

Hi, my name is Rebecca. I am 12 years old. I am after a penpal around my age. I am interested in all sports, music, art and gardening. I am looking forward to all those letters.

Rebecca, C/- PO Box 242, EUROA 3666.

I am looking for some penpals aged between 12 and 14, female or male, from all around Australia. I am Danniell and I am a 12 year old male. My hobbies are collecting NBA cards, doing art, social studies. Anyone who has any of these interests or just wants a penpal pick up your pen and write to me. I will answer all letters.

Danniell Pymble,

C/- PO Box 242, EUROA 3666.

Hi, my name is Talia. I'm nine. I've got seven people in my family, I'm home educated and would like a home-educated penpal. My hobbies are reading, horse riding and swimming.

Talia, C/- PO Box 242, EUROA 3666.

Hi, my name is Naomi and I'm 13½ years old. I'm home educated and would like a penpal boy or girl anywhere in the world who is home educated also. My interests are Michael Jackson, reading, fitness, health, swimming and heaps more.

Naomi, C/- PO Box 242, EUROA 3666.

Hi, my name is Tracey and I'm 19 years old. I would love some penpals, any age, sex or nationality. I'm mad about horses and run my own Arab stud. We also breed Clydesdales and Australian Stockhorses. When I'm not with my horses I enjoy reading, writing, bushwalking and basically anything to do with animals and the outdoors.

Tracey King, Trazir Arabian Stud,  
Greens Lane, LAWRENCE 2460.

## CHRISTMAS SNOW

Use a large handful of soap flakes or powdered detergent, add a little water and whip with a mixer. Put it on trees and windows as a decoration. When it dries, it lasts for weeks.

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# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## ★ FEATURE TITLE ★

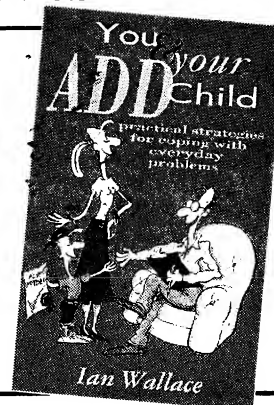
### YOU & YOUR ADD CHILD – Ian Wallace

Techniques for managing the behaviour of children with Attention Deficit Disorder are important skills for the parents and teachers of these children. The author acknowledges that strategies that work for most children (and often these are suggested by therapists and psychologists) just don't work with ADD kids. The strategies outlined in this book are specifically tailored for ADD children and teenagers, many of whom have challenging

and wearying behaviours. They offer practical techniques that can be quickly and firmly put into place, no matter where the situation occurs – at home, at school, on holidays, at family social occasions. Most of all, the book identifies the strengths of ADD children and their families, and has been written from a deep understanding of, and love for, these kids.

P/b, 244 pp, Harper Collins.

Ph: 02-9952-5000 RRP \$17.95



### GWENELLIOT'S AUSTRALIAN GARDEN – Gwen Elliot.

Presented in full colour and easy to use, this book is a complete and practical resource for Australian gardeners. It includes details on the size requirements and environmental benefits of over 600 native plants for a range of condition from dry areas to coastal situations. Garden construction, soil preparation, planting and maintenance are covered.

H/b, 231 pp, Hyland House. Ph: 03-9696-9064. RRP \$39.95.

### THE KURANGA HANDBOOK OF AUSTRALIAN PLANTS – Gwen & Rodger Elliot in conjunction with Kuranga Native Nursery.

Over 1300 native plants are included in this handbook. Each plant description includes the botanical and common name, plant growth dimensions, physical description, reliability rating and cultivation requirements. Unfortunately, there are few photos, so it would be necessary to identify selected plants at a nursery.

P/b, 176 pp, Lothian. Ph: 03-99645-1544. RRP \$19.95.

### THE BEST OF PAWA VOLUME

– edited by Ross Mars and Bob Willis.

The Permaculture Association of Western Australia has published a newsletter for many years, featuring articles that promote the ideals of permaculture and useful ways to put them into practice. Many of these articles have been compiled into this book. The areas covered include permaculture basics, useful plants, fruit trees, aquaculture, poultry and other animals. The articles have been written by permaculturists, so are based on practical skills and knowledge.

P/b, 74 pp Candlelight Trust, 100 Falls Rd, Hovea 6071.

Ph/fax: 09-295-4627. RRP \$15.95.

### YOU CAN HAVE YOUR PERMACULTURE AND EAT IT TOO – Robyn Clayfield.

The information in this book has been drawn from many years' experience in gardening, cooking, design, research, teaching and creating. It is about foods – how to cook, prepare and grow a diversity of foods for individuals, households and larger groups. It is also about permaculture, so inherently it is about design – designing gardens, food production systems, menus. It contains much valuable and useful information.

P/b, 254 pp, Earthcare Education, 58 Crystal Waters, MS 16, Maleny 4552. Ph: 074-944-707. RRP \$38, including postage.

### THE RAMMED EARTH HOUSE – David Easton.

By rediscovering the most ancient of building materials, home builders can now create structures that set new standards for beauty, durability and efficient use of natural resources. Rammed earth construction techniques are outlined in detail in this book, from the planning and preparation to the soil preparation and compaction process. The techniques extend to the use of rammed earth structures in the garden. In the

builders' resource section there is a photographic step-by-step sequence, a sample home design programme and a soil test guide.

P/b, 272 pp, Chelsea Green Publishing, distributed by Boobook Publications, PO Box 163, Tea Gardens 2324. Ph: 049-970-811. RRP \$55.00

### GARDEN LANDSCAPES IN SILK RIBBON EMBROIDERY – Helen Dafter.

This book contains a full range of projects using silk ribbon embroidery. They include brooches, hair barrettes, bags, and pictures to frame. Each project has fully illustrated instructions, techniques for applying paint and ribbon stitches and colour photos of the finished work.

P/b, 104 pp, Sally Milner. Ph: 06-236-3412. RRP \$29.95.

### THE LITTLE BOOK OF BIG WISDOM – Mon Ki.

This little book provides guidance for anyone wishing to explore life from their own sense of feeling. Its value lies in its new answers and understanding about family, relationships, love, nature, life and spirit. The answers are grounded in a love for nature. The sayings are simple and full of wisdom.

P/b, Spirit Today Publishing, C/- PO, Sth Gippsland Hwy, Koonwarra 3954. RRP \$13.95, incl p&p.

### AUSTRALIA'S BEST GARDEN GUIDES.

#### VOLUME ONE: FRAGRANT ROSES – Susan Irvine.

A new series of books has been produced to help gardeners choose the best plants for their garden from their local nursery. The first volume includes over 60 roses chosen by rosarian, Susan Irvine, for their fragrance. Roses are arranged in alphabetical order with each one illustrated by a colour photo.

#### VOLUME TWO: FLOWERING PERENNIALS – Sarah Guest.

The author has chosen over 100 of her favourite flowering plants best suited to Australia's climate which are commonly available in plant nurseries. The plants are arranged in alphabetical order with colour photos and cultivation notes.

P/b, 128 pp, Hyland House. Ph: 03-9696-9064. RRP \$14.95 each.

### YOU DON'T HAVE TO DIE FROM CANCER

– Dr Abraham Khazam.

This is not a book about alternative medicine, nor is it a text on the physical treatment of cancer. It is a book about the cancer patient. The patient is a complete organism and cannot afford to ignore her or his responsibility in the proper preparation for healing, which involves the mind. This book was written for the person who has cancer and is also useful to those who are able to give support to the patient.

P/b, 300 pp, Hill of Content. Ph: 03-9654-3144. RRP \$18.95.

# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to *Grass Roots*, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of *Grass Roots*. Deadline for GR 119 is 30th December, 1996. Please do not fax ads.

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## PROPERTY FOR SALE

### NEW SOUTH WALES

**NYMBOIDA, NORTHERN NSW**, 2 dwellings on 100 ac. Main dwelling 3 b/r, 2 storey hexagon features natural woods, bushrock, verandahs & balcony, beautiful views. Second dwelling is self-cont 1 b/r cottage. Property is 80% wooded, has dam, picturesque crk, abund organic vegie patch, sheds, paddocks, school bus to gate. Wildlife is prolific. Fully estab property within idyllic setting. Must sell. \$145,000. Ph: 066-845-206 for details & photos.

**COONABARABRAN**, 100 acres, 4 b/r home, 22 km from town. \$65,000 ONO. Ring 068-422-238.

**EDEN**, 25 km west, 2 blocks approx 16 ac each, partly cleared, lonely location in valley. North-east aspect, power avail, 5 mins walk to shop/PO and school. \$35,000 ea ONO. Towamba. Ph: 064-967-136.

**LISMORE**, 35 km NW, 2 ac in strata title village, 50 % flat with 3 b/r & studio, d/brick 2 storey house, huge verandahs, solar h/w, s/hydro power, approved compost toilet, tool shed, 2 room guest cabin. Lots of fruiting trees, fenced vegie garden, chook house and fenced run, 2 w/tanks, 2 gully boundary, shop/schools close, ideal place for children but no dogs/cats. Reluctant sale, owner moved to Europe. Value \$130,000 but any reasonable offer considered. Ph: 066-880-101 - Ramon or Christine, or fax: 0011-49-8667-809985 (owner).

**BUSH RETREAT, NAMBUCCA VALLEY**, 27 1/2 ac, perm crk, timbered, 45 mins main town. \$48,000. Ph: 044-651-505.

**ADELONG** - 20 mins Gundagai & Tumut, 1870s w/b house on 4 ac, edge of village. Spacious, airy, immaculate, 2 b/rs, lge verandah, room to expand, town water, septic. Nice outlook, private. Suit home business, self-suff, etc. Reduced to \$133,000. Ph: 069-462-429.

**NYMBOIDA** - COUNCIL APPROVED, split level mud brick & timber home on 179 ac. Beautiful views, abund wildlife. Solar power, dam, lge enclosed vegie gardens. Large shed suitable for living, studio, workshop. Friendly local community. School bus at gate, 40 km from Grafton. \$108,000 ONO. Phone: Mali for details or inspection: 066-494-300.

**NAROOMA, SOUTH COAST**, 120 ac, 5 mins from town. Huge slice of unspoilt paradise adj to Wagonga Inlet, climbing up to below Narooma lookout. Forty ac nth facing fenced pasture, never supered, grew green beans after the war. Agistment avail. Three dams, 2 crks, r/forest gullies, good trees. Many good homesites with magic water views. Zoned rural, cannot be subdivided. Can do bndry adjustments with neighbours if too big for you. None of these left around here. Must see to appreciate. Price \$275,000. Ph: Laurie, 044-762-169 BH.

**NORTHERN NSW**, 1 1/2 hrs from Byron Bay, 10 y/o stone & timber house, prof built, splendid views east & nth, solar power 24/240V. Five ac on a community cleared & planted with over 300 trees, amongst existing 60 y/o trees. House has 4 b/r, 2 bathrooms/toilets, exposed beams in l'room, all timber kitchen, W/I pantry, many more features incl 40,000 lt (10,000 gal) house water. Plentiful supply from lge dam for garden. \$127,000 ONO. Selling up due to personal burnout. Ph: 066-897-224.

**NORTHERN NSW**, Mallanganee area, 300 frost-free fertile ac, in 4 titles. Large 4 b/r, w/b home with estab gardens. Best views imaginable of NSW far nth coast. Abundant water with 7 dams & crk on bndry, 45 inch r/fall. Red & black soils. Backs onto state forest. Small stand of valuable timber. Temperate climate in scenic area. Ideally suit tropical fruit etc. \$350,000. Ph: owner, 07-3899-0572.

**COMBOYNE VILLAGE**, shops, school, power, water, tar to Wauchope - Port Macquarie, 1000m<sup>2</sup> sloping block, rich soil, great views. \$26,500. Ph: 065-832-112.

**STUART TOWN**, 25 fenced ac with crk & well. A livable 2 roomed dwelling. Cement slab & walls for larger house. Tank water & elec. Ph: 063-625-999.

**EWINGAR, TABULAM SOUTH**, only 1 left: 40 ha, 200 m Clarence River frontage, cleared except shade, fenced, power, ph handy, irrigation licence avail. Drive over in car. School bus 2 km. Price \$61,000. Ph: 066-282-351.

**NORTHERN NSW - DRAKE**, private bush retreat with good quality timber stands & natural regeneration. Only 4 km to store, school etc, 1 1/4 hrs to Lismore, 3 1/2 hrs to Brisbane. Choice of 4 blocks with variations in landscapes and views, ranging from 57 ac - 132 ac, priced from \$35,000. Per annum r/fall - 45 inch. Power avail. Ph: 067-376-602.

**TOORUMBEE CREEK** via Kempsey, 150 ac, unspoilt bush retreat, roughly 20 ac cleared. Large lock-up shed with c/port, power, ph, 10 mins to school bus, perm crk, dam, 2WD access, abundant wildlife, adjoins Willi Willi Nat Pk, secluded alternative lifestyle. Price \$85,000 ONO. Ph: 065-671-575.

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

**BUCKETTY** (50 mins from Sydney's nth suburbs), earth integrated, full brick home on 25 tranquil ac. House features 3 b/r, 2 bathrooms, polished Karri floors, wood stoves, sunny friendly interior, power, ph & breathtaking views from every window. Separate studio/office/sleepout & stables. Paddocks, dam, your own r/forest, wildlife. A peaceful retreat less than an hour from Sydney. \$285,000. Ph: 02-9477-2269.

**SAPPHIRE COAST NSW**, 25 mins west of Merimbula/Wyndham, beautiful 4 b/r 22 sq brick, bull nose verandahs, set on approx 15 ac. Dam, 4 internal paddocks. Menege school bus run 5 mins to Wyndham village, 1/2 hr to coast. Have it all. \$180,000. Ph: 064-942-082.

**MUDGE AREA**, 100 ac fully fenced, mostly cleared. Quiet setting bounded by nat pk. Ideal for self-suff. House with solar power & diesel generator. Spring-fed dam & lge steel shed. Tractor (hardly used) & implements. Sling oregon timber for extension. Satellite TV & more. \$89,500 ONO. Ph: 063-734-218 AH.

**MID NORTH COAST**, panoramic views, 58 ac, 20 mins Taree, 4 hrs Sydney, 32 ac prime river flats, rye, clover, kikuyu, 4 bay shed, ex-bales. Four b/r, 23 sq' Fed' style home. Open fire, mod kit, 3 way b/room. Privacy with all conv. Shop, school etc 7 sealed kms. \$230,000 ONO. Ph: owner, 065-569-180.

**MOONBI**: 20 km Tamworth, picturesque 97 ac, 1/2 bush, 2/3 grazing. Two dwellings, wood heating. Round yard, crk, bore and 2 x 5000 gal tanks. Three dams, good fences. \$160,000 ONO. Rates \$223 pa. Ph: 067-623-763, or 659-248.

**TWO HALF-ACRE BUILDING BLOCKS**, quiet country town of Burren Junction, power, ph avail. \$8000 the two. Ph: 065-570-402.

**HOGARTH RANGE**, nth coast, 100 ac natural bush, f/hold title. Fantastic views, abund wildlife, sandstone caves, ideal for bush exploring, 2 b/r timber cottage unfinished, dam, tank. \$79,500. Ph: 066-216-742 BH, 884-026 AH.

**LAKE CONJOLA** - fisherman's paradise. Bargain sale! Cosy colonial cottage (1991), grey tile, white Hardiplank, 3 b/r, insulated, carpeted, pine kitchen, aircon. Potbelly, greenhouse, 3 mins fishing, boat ramp, 10 mins beaches, Milton. Get \$100 week rental, \$300 week (peak holidays). Bus at door. \$85,000. Ph: 044-564-533.

**NEW ENGLAND**, easterly aspect on Nandewar Range, 1500 ac, f/hold, granite country, 70% natural timbered bushland, 2 crks, 12 dams, 11 paddocks, new steel machinery shed, shearing shed, yards. Old style 4 b/r home, 16,000 gal r/water, ph, elec, estab orchard, 12 km to shops & school, bus at gate, 35 inch annual r/fall. Wonderful country retreat, magnif views. \$193,000. Ph: 019-125-025.

**MID-NORTH COAST**, 106 ac at Bowraville, 2 b/r cottage, mtn views, crk flats, perm water, natural pasture, location plus. Fifteen mins to Nambucca Heads & beaches, 2 km to shops. \$194,000. Ph: 066-584-706.

**DEADLINES: GR 119 - DEC 30TH  
GR 120 - FEBRUARY 28TH**

**COFFS HARBOUR**, Orana Valley, 25 mins from coast. CSIRO voted as the best climate in Australia. Tranquil bush retreat. Lovely nth-east homesite, overlooking lge spring-fed dam, no floods, 28 ac. School bus. \$82,500 ONO. Ph: 03-5984-1271.

**SALE OR EXCHANGE**, legal dwelling, as-new d/br, kit-living room, 4 bunk room. Full length verandah, 57 ac, tree ferns, huge dam, 240V generator connected to dwelling, wired to 240V electric stove. Aerial, wiring to CB, TV, 12V. Required: sml acreage, legal dwelling, any condition. \$59,000. Reply: PO Box 1135, CASINO 2470.

**GLENCOE, NORTHERN NSW**, 100 ac, 80% timbers (millable), 20 mins from Glen Innes, modern 2 b/r Hardiplank cottage, 10ft verandah, 40 x 20 ft Colorbond shed on cement slab, 2 lge dams, 1000 gal cement tanks, 3 stables with cement floor, power at front bndry, generator & solar power. School bus & mail run 3 km from gate. Idyllic setting, ample wildlife \$85,000. Priced to sell. Contact: 067-322-661.

**BILLEN CLIFFS NEAR KYOGLE**, comfortable cabin high up on 2 ac in nth NSW. Scenic views to Border Ranges. Ph: 07-3284-8235.

**DORRIGO NSW**, 3 b/r house, garage, sheds, 7 y/o. Views over Dorrigo township, steam & railway museum & nat pk. On 2 ac of red volcanic basalt soil, estab organic vegie garden & 100 t/nut trees. \$165,000. Ring owner, 066-572-617.

**HIDDEN TREASURE**, in Eden Hinterland, far sth coast NSW, 8 ac, forest on river facing nth to nat pk. Most unusual: square of land on river, plus a long tail about 500 m x 20 m runs sth to link up with a creek! Ultra secluded. \$19,500. Also avail, 120 ac with long crk frontage. \$89,500, & 220 ac with long river frontage opp nat pk. \$135,000. Ph: 047-824-856.

**MID-NORTH COAST, KEMPSEY**, lge, elegant 2 storey open plan, 2-3 b/r + balcony, pole built w/r cedar house. Extensive use of slate, leadlights, Berber carpet. Power & ph. Situated in middle of 32 absolutely private ac, 10 ac cleared, 3 sml fenced paddocks, lge & sml dams; 2 bay shed & tack shed. On school bus route, 15 mins primary/high schools & TAFE, 30 mins magnif beaches, 10 mins state forest drives. Great spot! Best offer over \$134,500. Ph: 065-648-110.

**NYMBOIDA NORTH COAST NSW**, 3 b/r yurt style home on 25 ac f/hold. Hardwood roof shingles, exposed timbers, vegie garden, 240V power through solar system with tracker, mains power close, 2WD access, ph, school bus, very private & peaceful. \$105,000. Ph: 066-447-912.

**TABULAM**, Bulldog Rock Rd, 100 ac, state forest 2 sides. Uncleared. \$25,000. Multiple occupancy. Ph: 067-712-285.

**THREE HUNDRED ACRES**, 10 km Wellington, central NSW, no chemicals since 1953, perm water, grassed, building permission. \$150,000. Ph: 068-451-731.

**FIVE SECLUDED ACRES** midway Albury-Wagga. Comfortable 3 room cabin, solar HWS/ power & generator (power 1/2 km). Gas stove, wood heater, kero fridge, ph. Treed setting, views, dam & fencing. Church (c1890), l/u garage, greenhouse. Ten km to town near school bus. Approved plans, 3 b/r mud brick home. Income from cut flowers. Watering system, rotary hoe & all equip incl. WIWO. Just move in. \$32,000. Ph: 069-296-138.

**EAST OF GRAFTON**, 802 secluded ac, power, DA, 2 entrances, dam, undulating to flats + lge hill. Kangaroo Creek Rd. \$125,000 ONO. Ph: 064-942-303.

**THIRTY-THREE ACRES**, 10 bush, tea tree country, suitable horses, 2 dams, 2 b/r cottage + material to build on. Solar power, 5.5 KVA - 11 HP generator, pressure pump, 5000 gal tank. Lismore 1/2 hr. Asking price \$120,000. Ph: 066-832-728, 066-832-041.

**CENTRAL WEST, CROWTHER**, 1/2 hr drive to Cowra or Young, 100 ac in hidden, peaceful valley, surrounded by bushland range, protected zoning 7(e). Abundant wildlife, 1/4 cleared, dams, fruit, nut & windbreak trees planted. Converted carriage home with solar elec, gas cooking, s/c heating & tanks. \$92,000. Ph: 063-837-337.

## QUEENSLAND

**MALENY AREA**, 3 b/r Qld'er, solar & gas, estab orchard, on 200 ac community. \$90,000 ONO. Ph: 074-961-685.

**AMMAMOR CREEK** (Gympie Hinterland), quiet secluded 38 acres, perm crk frontage. Open bushland, some r/forest. Country shack on slab. \$73,000. Ph: 07-3425-1619.

**KONDALILLA**, Sunshine Coast Hinterland. Private and unique 1/2 ac adj r/forest only mins from nat pk. A contemporary 2 b/r home with many extras, organic gardens and perm crk. Owner has relocated. \$175,000. Ph: 066-886-259.

**BLOOMFIELD RIVER**, greater Daintree, far nth Qld, 30 ac with ocean views, bordering wilderness. Road access & elec avail. Suitable retreat or cabins. \$130,000. Ph: 066-886-259.

**A TRANQUIL INLET**, white beaches mins away, must sell. Acreage w/ender located coastal foothills, fenced bore, crk, handy shops. Was \$20,000 now \$15,500. Ph: 07-5494-8555.

**PROSTON SOUTH-EAST QLD**, 3 ac, no trees, town water, power & ph, close to Boomdoomba dam, fishing & water sports. Nice quiet town. \$10,400 ONO. Ph: 071-632-860.

**KINGAROY**, 67 ac, natural bush with crk & dam. Secluded llvabe renovated Colorbond shed with firebox, tanks, septic tank, etc. School bus. \$38,000. Ph: 07-3202-6697.

**SOUTH-EAST QLD**, 45 mins west of Dalby, 50 ac (20 ha), 2 homes, no power or water bills. Solar, plenty of water, anything grows. Many extras. \$89,000 ONO. Ph: owner, 076-653-669.

*For the new 10 digit phone numbers,  
preferred format is 00-0000-0000.  
Unless a mobile number  
019 or 018 or 041.*

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

**BOONAH**, 73 ac with house, 11km from town which has everything (incl hospital). Ten mins from Maroon & Moogerah dams (skiing, boating, fishing). Two b/r SF house (easily extended) in beautiful setting with brick bbq & inground pool. Five paddocks, shed, stable, 5 dams (2 spring-fed), bore. Could carry 25 cattle. Reduced to \$155,000 for quick sale. Ring owner, 074-627-236.

**THIS UNIQUE, FOUR LEVEL A-frame luxury home** is situated on Facing Island, approx 20 km from Gladstone Central, Qld. Located 50 m from the beach & coast anchorage. Massive garage & workshop to house tractor, 4WD + boat. Size of each floor: ground floor 11.10 x 11.10 m, first floor 11.10 x 11.10 m, 2nd floor 11.10 x 7.3m, 3rd floor 11.10 x 3.6m. Built-in furniture, parents retreat, carpeted, power generator, ph, extra lge patio. Located 1.5 hrs by boat to Barler Reef. Owner can live in ground floor and rent the balance. Genuine enqs only please. \$220,000. Ph: 07-3844-0522.

**FORMER TOWN MARKET GARDEN**, Mt Perry, Qld, 6475m<sup>2</sup> with crk frontage. \$17,000 ONO. Ph: 091-854-605.

**BLOOMFIELD RIVER**, 2 ac block. Suit adventurous type, part mtn goat, part beachcomber. Great view, easy river access. Cheap, limited edition, not to be repeated by owners. \$30,000 going up. Stevensons, PO Box 342, KURANDA 4872. Ph: 070-937-564.

**CHINCHILLA, TARA AREA**, rural property, pole framed 3 b/r house, lge verandah, estab gardens & ample water. Two bay c/port, garden shed, workshop, 42 ac, WIWO. \$86,000 ONO. Ph: 076-653-695.

**NORTH OF GYMPIE**, 2 ac, Glenwood estate, gently sloping, pine trees, sml solid hut, school bus route, village 10 mins, Gympie & Tin Can Bay 30 mins. \$18,500. Ph: 07-3395-0248 evenings.

**AGNES WATERS**, 40 ac, native trees, on gentle rising ridge, magnif views & breezes. \$45,000. Ph: 07-3395-0248.

**NOOSA HINTERLAND RETREAT**, Starlight Community, 320 ac, 19 ac for sale, company title. Rainforest surround with crk frontage & deep rock pool. Solar, s/c/stove, septic tank, timber shack with additional house site on ridge, views. Opportunities for permaculture. School bus. Easy access Noosa, Brisbane 1 hr. \$48,000 ONO. Information brochure avail. Ph: 074-428-333, fax: 074-428-899. Bob Campbell, Eumundi Rural RE.

**TARA**, 45 mins west of Dalby, 25 mins to all amenities, 46 ac (18 ha), virgin bush block, plenty of wildlife, birds. \$11,500 ONO. Ph: owner, 076-653-669.

**GREENBANK, THREE ACRES**, selectively cleared land with dam. Approximately 30 km to Brisbane's CBD. Underground power, bitumen frontage. \$64,000 ONO. Ph: 03-5422-6504.

**HERVEY BAY**, 1 1/2 ac, 9 x 9 x 4.2m shed, 3 phase power & water to shed. Unlimited fresh water canal. \$90,000 ONO. Ph: 042-564-176.

## PLACING AN AD? See page 68 for details

**GIN GIN** 19 km, 3 b/r all elec, near-new home on 25 ac, polished pine floors, Norseman heating stove, 5 ceiling fans, Downmoss composting toilet, tiled bathroom, toilet, laundry, ph on, school bus, mail delivery, 3 x 5000 gal tanks, 2 dams, part fenced, fire pump, house pressure pump, grey water pump, estab vegie gardens, f/trees, flowering trees. \$120,000. Ph: 071-576-596.

**BIGGENDEN AREA**, neat house, 1 acre, tanks, bore, dam, animal pens, f/trees, tool shed, dble garage, lovely gardens, all in excel condition. \$87,000. Ph: 071-277-208.

**SUNSHINE COAST HINTERLAND**, Yandina, dome dwelling on 2.2 ac of natural bush. Abundant wildlife & seasonal waterfalls, rockpools. plentiful water from bore and submersible pump, 7.5 KVA generator. Phone connected. Five mins to town, school bus. \$135,000 ONO. Ph: owners, 074-546-0774 or 075-446-0774.

## VICTORIA

**FOUR HUNDRED ACRES**, of natural bush with 2 km frontage to the Gellibrand River. Lovely vistas across valley. Could be subdivided. Melbourne 190 km. Approved for conservation covenant. \$135,000. Ph: 03-5243-3740.

**CENTRAL GOLDEN TRIANGLE**, 2 km to Inglewood PO, 50 km to Bendigo. Inglewood has all facilities & sporting activities, incl trotting training track. Approx 5 ac f/hold property, semi-isolated & private, good fences, forest 3 sides, has calm, clean, peaceful atmosphere, 2 lge dams, town water. Ten yr old Hardiplank home, verandah all round, 3 b/rs, incl 1 en suite, plus main bathroom, sep toilet, kitchen, s/c & elec stoves, 6 x 4' walk-in pantry, 24 x 18' living room, 25,000 gal r/water supply to house, elec HWS, workshop - 60 x 30', c/port - 30 x 20', enclosed 3 sides. Property suit tradesperson, truckie, hobby farm, cottage industry, any variety of activities or just r&r. Reluctant sale, elderly widow relocating, enq evenings. Ph: 03-5438-3393. Obligation-free viewing by appointment. Bottom line \$135,000.

**BULDAH - FAR EAST GIPPSLAND**, Vic, 19 organic ac in remote but picturesque valley. Mostly cleared, adjoins state forest. River frontage, 2 dams, ample sheds, fully fenced. Seven y/o 2 b/r kit home, full solar power, s/c wood heater/HWS, gas stove/fridge. Wide verandah, c/port, unlimited clean water, f/trees, lge vegie garden, great view, 95% self-suff. Laidback lifestyle. \$97,000. Ph: 03-5158-7250.

**CASTLEMAINE - DAYLESFORD - SANDON**, nature lovers' retreat, 44 ac undulating woodland sheltering rich understorey, 30 varieties orchids, abundant wildlife, 96 bird species. Three dams - wetland. Conservation covenant. Quality timber/poured mud home, summerhouse & shed/studio. Fenced, irrigated orchard - 55 trees grafted to 96 varieties. \$152,000. Ph: 03-5476-2229.

**LOCH, QUALITY HOME**, 40 sq under roof, 6 ft verandahs almost all round, 4 b/r, BIRs, master has en suite. Study, lounge, dining, family room, blackwood kitchen, bathroom with spa. Large rumpus room at rear of dble garage, 25 x 50' galvanised shed with reinforced concrete floor. Two concrete water tanks hold 100,000 lt, on almost 3/4 flat ac. Phone, elec connected. \$278,000 ONO. Ph: 03-5659-0088.

**DUNOLLY, GOLD OR HORSES**, 2 b/r cottage, 20 ac, stables, lge dam, fenced, no chemicals last 8 yrs, 2 km from school, shops, hosp etc. Quiet location. \$78,000. Ph: 03-5037-2421.

**BENDIGO AREA, NEAR FARADAY**, glorious 65 ac farm with log home, very private. Superb location, lovely views from the verandahs. Gas & generator power. \$168,000. Contact the agent: Ellis Nuttal RE, 92 Queen St, BENDIGO 3550. Ph: 03-5442-1100.

**BUCHAN, EAST GIPPSLAND**, solid, high quality, insulated, 3 b/r house with 1/2 share in estab co-operative (suit professional/semi-retirement) on 120 ac (gardens/orchards, communal house/bush). Mountain/wildlife views from every room. Self-suff with various electrical/heating options (also mains power). Large water capacity. Materials selected for their permanence (exterior: jarrah, steel, reinforced concrete, roof tiles; Interior: floor tiles, solid timbers, Stanley s/combustion). Light & warm atmosphere. \$98,000. Contact Laurie (agent) for details/website. Ph: 03-5152-4172 or 018-149-150.

**AVENEL (NEAR SEYMOUR)**, escape to the country. Delightful 2 lge b/r with lock-up garage. Larger than usual rear garden area. Quiet central location. Scenic hills. Immaculate presentation & lge lounge, Heat Charm & reverse cycle air cond, elec stove. Reduced to \$65,000. Ph: 03-5796-2258. Perfect for retirees.

**GOLD COUNTRY**, mud brick home on 20 ac, 2 dams, lge shed, bungalow, solar power, ample water. \$65,000. Ph: 03-5438-8290.

**NAYOOK, WEST GIPPSLAND**, in the beautiful Neerim district, 72 ac incl 30 natural bushland, 3 ac is fenced and planted with organically grown fruit, nut & berry plants. Rich, red soil, with a natural spring, dam & shed. Tremendous views to the Baw Baw mtns and the Strzelecki Ranges. Power avail. Close to schools & shopping amenities. \$165,000. Ph: 03-5622-3485 AH.

**BEECHWORTH - ELDORADO AREA**, approx 60 ac gently undulating land, building permit, perm crk frontage. Spring-fed dam. Secluded, picturesque sheltered valley midway Wangaratta/Wodonga. \$73,000. Ph: owners, 03-5728-1460.

**RAINBOW, SMALL WIMMERA TOWN**, nice stone family home, 1/2 ac, sewerred, garage, f/trees, vines. Opposite primary school, close every facility. \$30,000. Ph: 03-5395-1078.

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# GRASSIFIEDS

## PROPERTY FOR SALE VICTORIA

DEADLINES: GR 119 - DEC 30TH  
GR 120 - FEBRUARY 28TH

**FOURTEEN KILOMETRES SOUTH BALLARAT**, 10 ac bush with beautiful 3 y/o, 1/4 circle, oregon & adobe house, 3-4 b/r, 2 storey around lge music room/studio. Cypress pine floors, solar & combust hot water. Much flora & fauna, close to state forest. Composting/worm toilet. Conservation conscious locals. \$170,000. Ian Knowles, PO MULLUMBIMBY 2482.

**BINDI, NEAR OMEO**, 2 ac, 1/2 cleared, remainder bush adjoining forest, mtns. Facing Tambo River. Small stone/timber shack + c/van. Large shed ex pottery/gallery. Another sml building. Power, ph, tanks, t/trees. \$37,000 ONO. Ph: 03-5159-4264.

**EAST GIPPSLAND, Vic**, 70 km nth of Orbost, 15 ha, spectacular forest with fern gullies. Improvements incl a comfortable dwelling with gas cooker & s/c/stove, ph, tank water. Studio, goat fencing & shelters, fenced orchards. Close to school and Brodribb River. \$42,000 ONO. Ph: 03-5668-1638.

**SITUATED ON THE FRINGE** of Bulga & Tarra Valley Nat Pks, Sth Gippsland, and only 2 1/2 hrs (approx 220 km) from Melbourne, this superb 35.6 ha (88 ac) property comprises improved pastures & amazing natural r/forest areas with abund native flora & fauna. A perm crk as well as the Tarra River frontage supplies all the property's water needs and is pumped from the crk by an environmentally friendly hydraulic ram pump that is operated purely by water pressure. The property has elec supplied but would convert to hydro elec for those wanting a self-suff lifestyle. Through the bottom garden gate & down a path, discover the 'covered bridge' spanning a lush creek. Follow this crk upstream to magnif waterfalls (all within the boundaries of this wonderful property). The r/forest areas feature lush vegetation with tree ferns galore. All the improvements on this property are of the highest quality & comprise a comfortable cedar & wooden shingle homestead, a 60 x 27' fully enclosed steel shed & a fantastic A-frame bluestone barn with mezzanine. An estab lge & varied orchard supplies an abundance of delicious fruit year round. This unique property is ideally suited to an organic/self-suff lifestyle and/or a B&B venture or retreat. Asking price \$298,000. Contact: SR Curry RE, 251 Commercial Rd, YARRAM 3971. Ph: 03-5182-6188, 03-5183-2588 AH.

**TRADESMAN BUILT** 3 b/r, unique design, dbl storey, mud brick home, set on 7 1/2 park-like ac, estab gardens, native flora & fauna. Features: jarrah flooring - both mezzanines, red gum benches, craftsman built solid jarrah cupboards, 2 restored full length arch church windows, dbl glass doors onto balcony, dbl sided o/fire places, Coonara, antique leadlight windows/doors/light fittings, quality carpet, sprinkler system. Colour photos & detailed description on request. Ballarat 35 km, Geelong 70 km, Melbourne 145 km. \$130,000. Contact: Lorraine Davies, RSD 777, Moffats Rd, DEREEL 3352. Ph: 03-5346-1243. Leave message on: 03-5341-3549, L Collishaw.

**APOLLO BAY, CHEMICAL FREE** 15 yrs, 44 ac, 5 mins from town, beach & bush, 2 1/2 hrs from Melbourne. North and NE facing. Fern gully, 50' r/fall, dams. Power & ph avail. School bus. Active friendly community. Views. \$135,000 ONO. Ph: 03-5237-6987.

**ORGANIC FORTY-FIVE ACRE** smallholding, 100 km from Balrnedale at W-Tree, (27 km nth of Buchan), near Ontos Health Retreat. Solid brick 3 b/r house, cathedral ceiling, mezzanine, lge verandah, 240V power, ph, workshop, chook/dairy shed, 250 fruit & nut trees. Grazing areas fenced into 3 paddocks, 5 dams, extensive gardens, excel basalt soils. Suitable eco-tourism & intensive agriculture. Also suitable for individuals seeking a spiritually uplifting home. School bus at gate. Truly spectacular views, mtns, r/forest gullies & bush. \$125,000. Ph: 03-5153-1034, or 03-5153-1055.

**ERSKINE FALLS ROAD**, 11 km from Lorne, 60 ac property with mud brick & brick home. Commercial tea rooms & lge salt treated therapeutic hot pool attached. Picturesque view of mtns & bush. Ph: 03-5289-1780 for details (lots more to tell).

**BEAUTIFUL EAST GIPPSLAND**, build your own alternative house your way, your block, with my help. Twenty-one yrs experience building in East Gippsland. Ph: 03-5155-4608.

**TEN KILOMETRES ELMHURST PO**, 3 b/r, w/b house, 2 1/2 ac, alternative lifestyle, grow your own, clean mtn air, chook pens, new tanks/shed, LPG appliances - fridge incl, septic w/c. Some renovations done. All reasonable offers or vendor terms considered. Asking \$44,500. Ph: 03-5157-5349.

**DELIGHTFUL FIVE ACRE** bush retreat, adjoining state forest, 1 ac cleared. Close Daylesford. Cosy cabin, dam, driveway, extensive native planting. \$49,500. Ph: 03-9844-2611.

## TASMANIA

**EAGLEHAWK NECK AREA**, lovely 60 ac bush block on historic Tasman Peninsula. Close to fine beaches, bushwalks, deep sea fishing & wild animal sanctuary. Land can be subdivided. Timbered & cleared areas, lge dam, 490 yds main rd frontage overlooking the sea. Price \$125,000 ONO. Ph: owner, 03-6243-7763.

**TOTAL COUNTRY PACKAGE**, at the right price. Spacious 4 y/o, 24 sq. 4 b/r, brick home featuring new quality floor coverings, economical off peak floor heating, free standing wood heater, high ceilings & ample built-ins th/out. Main b/r has bay window, en suite & WIR. A new 4 car garage adds value to this rural package just 30 mins from Launceston. Set amidst 27.7 ac of private elevated part pasture/light timber with views to rival most. Priced at just \$165,000 this Glengarry property is an opportunity not to be missed. Richard Woolcock, First National RE, LAUNCESTON. Ph: 03-6331-3033, 03-6394-3433 AH.

**ROSEBERY**, west Tas, 4 b/r, metal cladding, newly painted & carpeted inside, 10 mins to fishing lakes, 3/4 hr to snow mtns, 1 1/4 hrs to nth coast. Large workshop, incl some furniture. \$28,000. 1 Cohen St, ROSEBERY 7470. Ph: 03-6473-1355.

**MEANDER**, 1 hr from Launceston or Devonport, 100 ac of beautiful nth facing slope. Dry sclerophyll bush with 10 ac of cleared land for garden and paddocks. Three b/r house. \$100,000. Contact Maureen: 03-6278-2541 AH, or 03-6231-3527 BH.

**CHARMING TWO-STOREY**, 3 b/r, 2 bathroom cottage on 1 ac. Blackwood spiral staircase, feature brick walls, elec & wood heating, only 25 mins sth of Hobart in picturesque Huon Valley. \$113,000 ONO. For more details & photos call: 02-9876-6333.

**TASMANIA, HOBBY FARM** at Legana 20 mins drive from Launceston, 46 ac, good pasture, sml part bush. Three b/r cottage, huge workshop, secluded area, all facilities, great potential. \$149,000. Ph: 03-6330-1306.

**GENUINE SACRIFICE**, \$15,000, Pioneer, Tas, 2 bedroom, kitchen with power, town water, HWS, lounge with wood heater, exposed beams, bath and separate shower, septic indoor toilet. Detached 3 (12 x 12') room chalet bungalow, land quarter ac, freehold. Ph: 079-289-263, or Ray White, BURNIE: 03-6431-7300.

**GARDEN OF EDEN**, 22 ha, Weeena (54 ac). This aptly named property is set in one of the most delightful locations in nth Tas. The passive-solar house was designed with 10 b/r on 3 levels and overlooks the farm flats from an elevated position, so that others can enjoy the tranquillity and peace beside the mighty Mersey River. Although reticulated power is connected, the house is supplied with elec by its own water turbine. The property would ideally suit the establishment of guest accom for horse riding, mountaineering, fishing, walking, bird spotting or just lounging about. The productive river flats could make the property self-suff. (Currently flowers are grown: this business is an option for any purchaser.) Doing justice to this property in words is impossible. Call me and I can send you photos & more details. \$260,000. Hugh MacTier: 03-6344-8237 AH. Harrison Humphries P/L: 03-6334-1155.

**MEANDER VALLEY**, 3 b/r, old world cottage on approx 2 ac. Superb views & water. School bus, 15 mins to all services in Deloraine. Very reasonably priced, rare sml holding in sought after area of nth Tassie. \$63,000 ONO. Ph: 08-8388-9015.

**LOVELY THREE BEDROOM** home on double block, has all been renovated throughout. New Colorbond roofing, cladding, plumbing, wiring, new floors, large hothouse. Tanks for r/water, fences, wood shed, d/carport, garage and so much more - like new home. \$68,800. Ph: 03-6372-2690.

Make Your Editor Smile -  
Punctuate!



# GRASSIFIEDS

## PROPERTIES TASMANIA

**BEACHSIDE RETREAT**, east coast Tasmania, 3 b/r open plan beachfront home with unobstructed magnif views from Maria Island to Freycinet Peninsula. Private, quiet, low maintenance and only 1 hr 20 to Hobart. Details: 03-6231-5743.

**BRUNY ISLAND**, views of Mt Wellington, 100 ac bush & paddocks on 3 titles, saw mill, ample water. \$85,000. Close beach, 25 ac on 2 titles, 3 b/r house, barns, fenced organic garden & f/trees. \$165,000. Unique stone studio dwelling, 1/2 ac. \$90,000. Bush block, 1/2 ac, \$7500. Healthy possibilities. Ph/fax: 03-6260-6303.

**AAAAA TASMANIAN rural self-suff**, 1/2 ha pasture, 17 km west of Burnie airport (Wynyard), 2 km from Bass Highway, insulated 3 b/r w/b house, circa 1910. New iron roof, Baltic pine ceilings, ph, elec, crk, windmill, rich volcanic soil, rabbit-fenced garden 30 x 70m, 30 f/trees, 11 sheds. \$85,000. Randolph: 03-6231-4581.

**CHARMING COTTAGE** next to Mt Field Nat Pk, on approx 2 ac, 2-3 b/r, all mod cons. Sheds, f/trees, school bus. \$42,500. Ph: 03-6288-2293.

**RARE COMBINATION**: peaceful island life within easy commuting distance of capital city. Property on lovely historic Bruny Island. Six ac on 2 titles. Refurbished 3 b/r house & some outbuildings. Power & ph connected (local call to Hobart), septic toilet, o/fireplace, polished local timber floors. Glorious rural & water views. Secluded but on school bus & mail routes, 15 km to ferry, frequent daily vehicular ferry (7 days). Overlooking Barnes Bay in the heart of Tasmania's superb cruising waters of D'Entrecasteaux Channel. Includes mooring suitable for boat up to 40 ft. Total price is \$103,000 but may consider selling separately. For more info ring 03-6260-6272, or 041-935-8857.

**EAST COAST**. This property of 150 ha of pasture & light timber has 2 dams & 1 bndry to the Swanport River. An appealing 3 b/r, w/b home-stead with s/c/stove which heats the HWS. Twenty km nth of Triabunna on a quiet rd and yet only 3 km from popular Bream or ocean fishing. Options incl olives, ostriches, emus etc, potential for self-suff in a tranquil setting. \$155,000 ONO. Phone agent: 03-6257-1499.

**STONE COTTAGE**. In the historic location of Lisdillon on the east coast, this 2 b/r cottage has some original walls from the 1860s home-stead. Architecturally designed with large o/fireplace, s/c/stove. Situated on 5 ac of bush, frontage to the Lisdillon Rivulet, this property offers the ideal retreat. \$145,000 ONO. Phone agent: 03-6257-1499.

**DELORAINE**, house & land on 2 titles situated on riverbank 4 km (6 mins) from Deloraine. Unique property in district. Renovated house, 3 b/r on 4 ac with adj 17 ac pasture & bush. \$130,000. For detailed fact sheets please contact: Owner, Box 65, DELORAINE 7304. Ph: 019-995-815 evenings.

PLACING AN AD?  
See page 68 for details

**'KOPANICA'** nestles into the foothills of the Western Tiers Range some 25 mins from Launceston. This is the site of one of the most delightful gardens you will see anywhere. Native & exotic trees, shrubs & flowers in profusion. Private spots & walkways, bridges over streams, ponds & dams surround the peacefully located character 3 b/r home. Guests can be accommodated in the annexe beside the in-ground pool & tennis court. The 41 ha of pasture & crk frontage provide both income & privacy and complete the setting for an idyllic lifestyle. Offers in excess of \$295,000. Details, photos etc: Hugh Mactier, 03-6344-8237. Harrison Humphries P/L, LAUNCESTON. Ph: 03-6334-1155.

**TASMANIA, EAST COAST**, 3 b/r, kit, liv, din, bath, 3 o/f/places, 1 woodheater with laundry, 2nd toilet, shower, basin & b/r in sep building. Within commuting distance (1 hr) of Hobart. Orchard, berry patch, veg garden, lge workshop/garage & other outbuildings on 2.5 ac. Lots of new & mature native & exotic trees, shrubs & flowers. Great lifestyle, perfect for children. Close to schools and beach. \$95,000 ONO. Ph: 03-6231-5743.

## SOUTH AUSTRALIA

**KANGAROO ISLAND PROPERTY**, crayfish farm. Quality spring water, streams, rare expensive yakka trees, abundant wildlife, black and red cockies, kangaroos, koalas, Vout this 290 ac f/hold property with ocean views surrounded by nat pks. Ideal tourist destination. One storey cottage with power & ph. Enquiries ph: David, 03-5977-6415.

**VIRGINIA TOWNSHIP**, 1/2 hr Adelaide, modern 4 b/r house (b/v), on 2 1/2 ac, with fully equipped, estab welding, fabrication business. Bore & 7800 kilolitre water quota. \$299,900 ONO. Ph: owner, 08-8380-9523.

**RIVERLAND NEAR WAIKERIE**, 114 ac near well known & beautiful Murray River beach. Mallee ridges & meandering paddocks make this a diverse & unique property. Earth & stone loft dwelling plus 2 storey earth home commenced. Fenced, sheds, water, house orchard & garden, school bus, power avail, work avail in district. Must sell. \$65,000 ONO. Ph: 085-564-278.

**WONGULLA, SA**, 37 km upstream from Mannum, approx 1 1/2 ac f/hold, overlooking Murray River from 150' elevation. Has potential for retirement home & garden. Access to river 1 km. Has elec & 500 kl water licence. School bus & rubbish p/u. Private sale: \$15,000. Enquiries: ph/fax: 08-483-3256.

**SPECTACULAR KANGAROO ISLAND** property of 103 ac. No pollution, lge Colorbond shed & c/port, power, ph, 2 dams, r/water tanks, f/trees, vines, vegies, cleared land & bush, native animals & bushwalk. \$110,000. Ph: 08-483-3256 AH.

**COUNTRY ACREAGE**: 360° views incl Murray River valley SA. Arable land, 1000 kl water licence, 3 phase power, house site prepared, f/trees, vines, windbreak trees planted. School bus, garbage collection, 5.195 ha (12.98 ac). \$35,000. Ph/fax: 08-483-3256 AH.

## WESTERN AUSTRALIA

**THREE BEDROOM TIMBER** clad home on 1/4 ac, 6 y/o, in sml country town, 3 hrs sth of Perth. \$59,990 ONO. Ph: 041-222-9447.

## COMMUNITIES/SHARES

**VICTORIA, EAST GIPPSLAND**: 1/2 share in 120 ac surrounded by mtns, magic virgin state forests, close Snowy River Nat Pk. House with all amenities yet self-suff. See: 'Property for sale, Grassifieds'. Contact Laurie (agent). Ph: 03-5152-4172.

**NIMBIN**, 1/2 share, 52 ha, council approved MO. Beautiful r/forest environment, 2 b/r accom & studio on 2 ha. Woodstove, solar power/hot water, estab f/trees, 4WD access. \$70,000. Ph: Steve, 066-282-034.

**UTOPIA ENVIRONMENT RESERVE**, 1/2 shareholding in 1300 ac company land. House, tanks, dams, garden, f/trees. Part borders nat pk. Beautiful place, but needs work. \$19,500 ONO. Will, PO Box 618, MOSSMAN 4873.

**NORTHERN NSW**, 1/2 share 45 ac, council approved MO, communal dam. Mostly built, comfortable 3 b/r mud brick house. Ten thousand gal r/water tank. Good access, solar. Bus to local school or Lismore 25 km. \$67,000. Cheryl Clayton, Pinnacle Rd, JULATTEN 4871. Ph: 070-941-075.

**KIN KIN SOUTH-EAST QLD**, 1/2 share in 17 ac, prime fruit growing. Permanent spring, hill country, 40 mins Noosa, access prepared, ideal building site. \$20,000. Ph: 066-842-032, 066-847-614.

**BEECHWOOD, MID NORTH COAST**, 30 mins Port Macquarie, 1/2 share 600 ac, 5 ac home site, spectacular views, nth facing, company title, perm crk, crk flats, water, power, tractor, ph, c/van, lge covered area. \$45,000. Contact: Margaret, 02-9558-0862.

**NAMBUCCA VALLEY**, 1/2 share 42 ac. Established 2 b/r timber home on secluded 14 ac. Permanent crks, deep swimming holes, r/forest environment, many extras. \$78,000. Ph: 065-698-459, or 065-642-106 for more info.

**FAR NORTH COAST**, 35 km NW Lismore, beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 acres, u/house garage & workshop, organic gardens, f/trees, complete privacy. Power, phone, cabin, u/cover c/van. Secure strata development. School buses. \$159,000. Ph: 066-337-033.

**LISMORE/NIMBIN** 30 mins, 2-3 b/r timber house, 360° verandahs, starlight loft on 2 ac with spring-fed dam, mtn views. Gorgeous country. Shop and school bus 5 mins walk. Secure strata title. \$89,000. Call 066-337-040 evenings.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## COMMUNITIES/SHARES

**NIMBIN THREE KILOMETRES**, beautiful 2 bedroom WRC/brick home. Privacy, stunning views, north aspect, great soil, lovely gardens, community facilities. \$90,000. Ph: 066-891-748.

**STRATHBOGIE RANGES**, Vic, near Benalla and Mansfield, in existing community. Share for sale. Opportunity to live in a harmonious and sustainable way. Moonee Creek Cooperative Ltd, RMB 1435, Lima East 3673. Ph: 03-5768-2300.

**NOOSA HINTERLAND RETREAT**, Starlight Community, 320 acres, 19 acres for sale, company title. Rainforest surround with creek frontage and deep rock pool. Solar, slow combustion stove, septic tank, timber shack with additional house site on ridge, views. Opportunities for permaculture. School bus. Easy access Noosa, Brisbane 1 hour. \$48,000 ONO. Information brochure available. Ph: 074-428-333 and fax: 074-428-899. Bob Campbell, Eumundi Rural RE.

**ROBB FARM**, 12 km nth of Nimbin, 6 1/2 ac. Suit r/forest regeneration. Two c/vans secure legal structure (13 shareholders). \$30,000 ONO. Ph: 07-3846-2740.

## BUSINESSES FOR SALE

**OME0, VICTORIA**, 2 businesses, excel potential, situated on the newly proclaimed Great Alpine Rd. Idyllic lifestyle for 2 compatible individuals. First: 4 self-contained guest units, approval given for 6 additional units. Second: features a bookshop. Town centre freehold site 1688 sq m. Principle building 365 sq m, still in good condition, formerly The Colonial Bank of Australasia, now being half residence/home. Undulating, well planted grounds, private courtyard. More details see display ad page 14 this issue. Contact: Win or Bruno. Colonial Bank House, Day Ave, OME0 3898. Ph: 03-5159-1411.

**COFFEE SHOP**: The Black Cat Cafe is in an expanding mid north coast town, 20 minutes to great beaches. Reputation for good food and coffee, just over the mountain to Bellingen. Regular local patronage and solid tourist flow all year. Low rent, attractive heritage building. \$32,000. WIWO. BOWRAVILLE, NSW. Ph: 065-647-899.

**THERAPEUTIC MASSAGE CLINIC** with show-ers, float tank, spas and saunas. \$58,000 with 6 months free rent, thereafter \$400 per month. We are closed now because of ill health and old age. Council app. PO Box 1934, TOWNSVILLE 4810. Ph: 077-726-451.

## PROPERTY WANTED

**WANTED SMALL ACREAGE**, MO etc, with water, shed, shack or van, for 'enviro respecting' mother and daughter. East Coast Lismore, Nimbin, Byron etc. Up to \$20,000. Ring Mon-Thurs 8 am - 2 pm WA time. Ms Williams, 09-481-6896.

**DEADLINES: GR 119 - DEC 30TH  
GR 120 - FEBRUARY 28TH**

## FOR RENT

**HOUSE SHARE - MACEDON VIC**, I'm 32 and renting a house on 20 ac of bushland, 2 b/r, lounge, sunroom & study (sole use of study possible). \$88 pw. Ph: Sue, 03-5426-1897.

**NORTH NSW**, 1 hr NW of Lismore. Person(s) to rent a spectacular house on 5 ac of bush. Solar power, 4 b/rs, 2 bathrooms, modern fittings. Good access. Person(s) should have some understanding of solar power & have their time occupied, ie a job. Nonsmokers only, no pets. \$150 pw. References essential. Ph: 066-897-224.

**FREE - HOUSE**, 12 mths, late '97. Unique remote desert location, beach nearby. PMB 13, CEDUNA 5690.

**SOUTH-WEST TASMANIA**, Maydena, edge of World Heritage area, lge 3-4 b/r u/f house on developing new tourism property. Separate yard. Suit creative self-starters. \$100 pw. Ph: 03-6288-2293.

**BYRON BAY**, Dec to Feb incl. Bedroom & share townhouse, near beach, quiet, pool. Nonsmoker. \$70 pw. Ph: 066-858-693, 065-682-093.

**GOLDEN OPPORTUNITY**, Magnetic Island FSC, ground floor apartment in 2 storey home at Picnic Bay. Double b/r, kitchenette, BIRs, billiard table, own shower/toilet, share saltwater i/g/pool, spa, library, laundry. Television & elec incl, fully furnished. Walk to shops/buses/ferry. \$150 pw from Feb '97. Active aged pensioner couple preferred. Write to: Jennifer, PO Box 109, PICNIC BAY 4819.

**WANTED, VEGETARIAN** to share house in sml country town, 250 km W Brisbane with one other. \$50 pw plus expenses. Ph: 076-685-657. **BAWLEY POINT**, self-contained cabin, ocean views, on hobby farm. \$70 pw for a person with sober habits. Ph: 044-571-514.

**CANBERRA, INNER NORTH**, house, 4 b/r, 2 bathrooms, 3 sitting/family rooms, solar/ducted heating principles, woodheater, lge yard, developing organic garden. Seeking long-term caring, gardening tenants from December, willing to leave tools, furniture etc with the right people. Vicki 06-247-1697 or 015-930-914.

**DALBY, QUEENSLAND**, long-term lease to environmentally responsible tenants. Two-storey solar powered homestead on 100 forested ac. Cosy attractive home with composting toilet, slate floors, wide verandahs. Chemical-free area. Suitable couple without children, chronic fatigue sufferers. Fowl & dog pens, lge shaded vegie garden, plenty of water, self-suff living, 40 mins town, ph, mail delivery. Beautiful tranquil oxygen-generating forest/wildlife sanctuary setting. References & bond required. Sorry no smokers. Ph: 079-466-411.

**To avoid disappointment ensure  
your ad meets our deadline**

## WANTED TO RENT/CARETAKE

**COUPLE SEEKING TO CARETAKE** or lease sml farm from Jan 1st 1997, long term. Honest, reliable with references & ten yrs experience in sustainable ag and animal husbandry. All replies answered. Ph: 07-5590-7063.

**MATURE-AGED, NONSMOKING**, quiet & reliable couple with 2 cats, require rental home in Mullumbimby early 1997. Good references. Ph: 079-394-057.

**RENT/CARETAKE**, secluded bushland on the far nth coast, preferably between Kempsey & Murwillumbah & all inland between. Down-to-earth, reliable couple looking for long-term residence, water & (any) power a necessity as baby on the way. I Hill, PO Box 1479, GRAFTON 2460.

**WOMAN, CHILD & PETS** seeking long-term low cost accom. Blackall Range region. Ph: 08-8322-6794.

**GIPPSLAND**, within 30 km Moe/Traalgon. House on bush acreage. Ph: 03-5475-1367.

## EXCHANGE

**NORTHERN NSW**, 5 ac & new timber home on MO for sml home & tree-covered not flat land in Tasmania, preferably in Strahan/Strathgordon or Rosebery areas. Ph: 066-897-584.

**TARA, THIRTY ACRES**, 1/4 cleared, rest bragalow, l/hold, 15 km town. Swap for bus or c/van, 20 ft+ with annexe. Ph: 090-933-428.

## WANTED

**HELP WANTED ON** small orchard/farm for gay female, age open. Advantage if you are multi-skilled, stable, responsible and of sober habits, no drugs! Rewards are share house, profit, lifestyle and decisions. Please write to: Leo/Cat, Box 165, Wulguru, TOWNSVILLE 4811.

**GRASSROOTS' 1-33**, *Earth Garden* 13. Ph: 067-783-487.

**MANNING STEINER SCHOOL** requires qualified teachers for class 1-2 & 3-4. Applications to: The Secretary, 145a Wingham Rd, TAREE 2430. Info: 065-545-857.

**STAY IN OUR BEAUTIFUL STONE HOUSE** in Bendigo in exchange for gardening/chores or rent while we holiday. Mid Dec- late Jan. Ph: 03-5443-7880.

**WORK WANTED, TRAVELLING CARPENTER**, self-contained. Heading sth from Nowra December to West Coast, via Vic, SA. Experience - pole houses, domestic construction. No job too small. Lic No 59947c. Mobile ph: 019-397-725.

**HELP NEEDED IN CAFE**, south-west Tassie. All areas of cafe (waitress, cooking etc), from December to April. In return accom, food, possible training and wage during summer months. Close to World Heritage Wilderness, bushwalking, caving etc. Contact: Jen & Volker Mayer. Ph: 03-6288-2166.

# GRASSIFIEDS

## WANTED

**HOUSEKEEPER TO ASSIST** busy farmer – roses & chillies. Hervey Bay area. Queenslander house surrounded by bush, birds, gardens, dams & cattle. Ph: 071-243-651.

**MINERALS/FOSSILS**, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples incl quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

## HANDCRAFTS

**WOOL, SCoured AND CARDED** into batts, perfect for pillows, doonas, quilting or spinning. \$17/kg + freight. PO Box 2117, ASCOT 4007. Ph/fax: 07-3268-6849.

**WANT TO LEARN CROSS-STITCH?** It's easy! We provide an easy to follow guide to cross-stitch FREE with every kit. For a catalogue, send a business size SAE to: 'Wordsworth's Craft Cottage', 72 Yarra Rd, CROYDON 3136.

**CANDLE MAKING KITS** – rollup beeswax, \$25.50 incl postage Australia. Send money order for prompt delivery to: Edenaromatics, 14 Station St, PAKENHAM 3810. Ph: 03-5941-3698.

**WAX SUPPLIES FOR ALL CRAFTS**, candle, beeswax, sealing, sculpturing, colour dyes, wick, polish and advice. Ring or write to: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: G J Keith, 043-581-224 (7 days).

**CRAFT WORKSHOP VIDEOS:** Learn at home at your own pace from your personal, highly qualified instructor. VHS titles incl spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lace making, felting, fabric painting & more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 052-868-224.

**BEADS! BEADS! BEADS:** Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

**HAVING DIFFICULTIES OBTAINING** sml gauge brass screws, hinges, catches, & associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g etc from 1/4" long to 1". Also various woodworking tools, glues & abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off first order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 051-521-001. Fax: 051-521-001.

**CRAFT SUPPLIES FREIGHT FREE** – large range to suit many crafts including beading, folk art, floral art, doll & bear making, etc + general craft lines (everything from adhesives to bells to pompoms to tassels to halfpots to Dream Catcher parts). Send \$3 (refundable off first order) to: E & J Owen, 2/4 Commerce Lane, TAREE, NSW 2430, for 50 page catalogue.

## PLACING AN AD?

See page 68 for details

**THREAD BUNDLES**, stranded cotton in bundles of 100 x 8 m skeins in 50 assorted colours. Shades matched to DMC – \$29 post free. The big bundle of 240 colours – \$60 post free. 50 (25pr) wooden lace bobbins, torchon style popular design, excellent for beginners \$49 post free. Price list avail. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-277-3763.

**NATURAL COLOURED WOOL** – scoured and carded, ready to spin! Variety of shades, in compact rolls. \$25 per kg + postage. For stocklist send SAE to: Shiloh Easy Spin Wool, PO Box 295, DRYSDALE, Vic 3222. Ph: 052-512-497.

## FOOD AND KITCHEN

**BEE POLLEN**, no additives, 450g sample pack \$9, 1.9 kg pack \$32.50, 4.3 kg pack \$65, 14 kg drum \$175. Prices incl p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

**DELICIOUS RECIPES ON INTERNET.** [www.ozemail.com.au/~coeliac](http://www.ozemail.com.au/~coeliac)

**HOME STONE FLOUR MILLS** – mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enqs welcome.

## MISCELLANEOUS

**HIGH QUALITY HANDMADE BAMBOO FLUTES.** For free info & catalogue contact: Fluteman, 4 Short St, NEW BRIGHTON, NSW 2483. Ph/fax: 066-802-912. Or visit our site on: <http://www.om.com.au/fluteman/>

**POWER INVERTER**, 12V to 240V. Selectronic Inverta-Power SRI 980-12D. Cost \$1200, sell \$750 ONO. Ph: 060-402-285.

**CAMPER (VAN)**, upn 1960, Leyland bus, 24', V8 eng, 2 speed diff, full size shower, cupboards, sink etc, 4 bunks. Has compliance plate for V8 conversion, ideal for travelling, good condition. \$9500 ONO. For more info ph: Jeff on: 085-8391-2726.

**COLLECTABLES.** Things you see at rural museums, we sell. Gunnedah Country Collectables, PO Box 195, GUNNEDAH 2380. Ph: 06-742-1499 BH. Mobile: 015-213-031.

**DIY WITH SOLIDSTAT THERMOSTAT**, incubators, aquariums, nurseries, brewing. Precise accurate & reliable. Jupiter Technologies, PO Box 34, Coraki, 2471. Ph/fax: 066-832-559.

**FOR SALE, RAINBOW POWER COMPANY** sine wave inverter, 300 watts, 12V to 240V. As-new. \$650. Solar panel, 65 watts, good condition. Ph: 087-348-148.

**COT QUILTS**, printed covers, wool filled, warm & natural. \$40 + \$5 postage. Ph: 063-555-004.

**ETERNITY**, free book on life's meaning. Send SAE to: Eternity, PO Box 636, LITHGOW 2790. No other literature unless requested.

**MAKE YOUR OWN GARDEN SPRAYS**, household cleaners, cosmetics. Companion planting guide, herbal pest repellants. For catalogue, planting manual & mixed herb seed pack send \$5 to: Samfni-Lou Handicrafts (GR), PO Box 51, ARMADALE, WA 6112.

**BAÇH FLOWER REMEDIES.** One full set unopened, 10ml stock bottles, \$350 posted. Ph: Keith, 02-9663-2955.

**LISTER DIESEL GENERATOR**, 5.4 KVA, recently overhauled, very reliable. \$2400 ONO. Ph: 067-375-416 at night.

**GREYWATER SYSTEM**, designed by permaculture graduate, laboratory tested & successfully trialled by local council (Lismore nth NSW). The system incorporates a sand filter & evapo-transpiration/seepage distribution system. Simple to install (assistance avail in Northern Rivers area). Plans & specifications avail \$50. Phone assistance to purchasers. Ph/fax: 066-891-703.

**TRIDENT TIPIS.** Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', Lot 107 Cedar Crk Rd, via MILLFIELD 2325. Ph: 049-981-659.

**INCENSE MAIL ORDER**, top quality, many brands and fragrances. Ring/write sample list: Kabbalic Pathway, 99 Main St, CROYDON. Ph/fax: 03-9723-8393.

**TIPIS, 10'-22'**, from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 057-622-145. Tipi hire avail.

**NATURAL SKIN CARE PRODUCTS**, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

## LIVESTOCK

**BANTAMS** – BEAUTIFUL pure-bred Pekins in black, buff or white. \$20 each. Bantam Buddies Farm, ARCADIA. Ph: 02-9653-1305.

**DEXTER CATTLE SALE**, 7th December at 12 noon, ECHUCA selling complex (Vic). Small, hardy, for milk or beef. For catalogue ph: 054-841-766 or 018-507-819, Victorian Producers.

**OUTDOOR PIGS**, Wessex Saddlebacks. Weaners now avail in Mackay, Nth Qld. Phone Donna Trask: 079-583-127 or 014-666-852.

**ALPACAS, BOER GOATS** and Condoibolin meat goats for sale. Ask about the environmental aspects of these profitable enterprises. John & Julie, WELLINGTON. Ph: 068-467-292.

**DAIRY GOATS.** Buck kids, hand reared, CAE neg. BERRIGAN NSW. Ph: 060-359-425.

**Make Your Editor Smile – Punctuate!**

# GRASSIFIEDS

## COURSES

**NUTRITION...** a common sense home-study course to teach you how sensible eating can combat & prevent everything from acne to fluid retention without getting on the diet treadmill. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Road, BUNDALL Qld 4217. Ph/Fax: 07-5539-9633.

**DESIGN SUCCESS** is yours with personal tutor; support staff; up-to-date plain English information; illustrations; project ideas; videos; computer disc version and fast feedback via Email or Snail mail. Send SAE. **PERMACULTURE VISIONS (R)** – specialists in Personal Permaculture Tuition – 280 Cordeaux Rd. MT KEMBLA VILLAGE 2526. Email: askpv@ozemail.com.au Internet: <http://www.ozemail.com.au/~askpv/index.html> Live each day in a greener way.

**COB BUILDING**, women only, 5 day workshop, SA. Mar/Apr '97. Interested? Ph: Jet, 085-588-376.

**HERBAL MEDICINE.** The School of Herbal Medicine, established in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

**DOWSING – STUDY AND EXPERIMENT** with dowsing, radiesthesia and radionics at home! A course in radiational techniques for health and agriculture, including DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

**PERMACULTURE BY CORRESPONDENCE.** Six 'accredited' courses available including 'Permaculture Systems' and 'Advanced Permaculture' (both modules on the National Register). Studies lead to Permaculture Institutes PDC, Austudy available. Australian Correspondence Schools, ph: 07-5530-4855 or 03-9736-1882. Free 80 page handbook. E Mail: [acs@qldnet.com.au](mailto:acs@qldnet.com.au)

**CORRESPONDENCE STUDIES.** Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca, Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 business hours only.

**PERMACULTURE BY CORRESPONDENCE.** On completion you will have a full permaculture design and management plan for a property of your choice and be qualified to teach and practise permaculture. (We also teach two week residential courses). For more information send SAE to: The van Raders Family, The Green Piece Permaculture Garden, PO Box 389, MALANDA, near Cairns, 4885 Qld, or ph: 070-965-138, or email: [vanraders@peg.apc.org](mailto:vanraders@peg.apc.org)

**DEADLINES: GR 119 – DEC 30TH  
GR 120 – FEBRUARY 28TH**

**HUNTER – NEWCASTLE** Permaculture courses. Demonstration farm based small group learning. Emphasis on practical applications. Urban and rural design. Trevallyn Permaculture Centre. Ph: 049-389-528. PO Box 22, PATERSON 2421.

## GARDEN AND ORCHARD

**BECAUSE OF OVERWHELMING RESPONSE,** Ocas advertised in GR 117 are now out of stock. Thank you to all respondents. D Fergusson, RMB 6705, Main Rd, WARRION 3249.

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association! Get a copy of our third 'Seed Listing' of *The Curator*. This issue has 55 pgs listing the sources for thousands of veggie, herb & fruit varieties. Membership costs \$20 pa. It is simply the best Australian seed source listing. Contact HSCA, PO Box 1450, BAIRNSDALE 3875.

**BAMBOO PLANTS AND POLES,** 250 species for all uses. Send \$4.50 in stamps for catalogue to: Bamboo Australia, 330 Kenilworth Rd, EUMUNDI 4562.

**READ ALL ABOUT RAINFOREST ECOSYSTEMS** & buy or sell rainforest seed, 20 pgs of news on conservation, regeneration, latest book reviews, rainforest timber, bush tucker, etc. Newsletter is free to collectors & we desperately need more collectors to represent each bioregion. For 4 Issues send \$20 or \$10 low income to: Rainforest Seed Collective, PMB BELLINGEN, 2454 NSW. Ph: 066-552-233 for your newsletter.

**TOBACCO SEED.** Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

**NONHYBRID, ORGANICALLY GROWN** garden & native seeds for sale. \$1.50 & \$2.50/pkt. Respond to: Box 715, BUSSELTON 6280. SAE for list. Ph: 097-522-513.

**GIANT PUMPKIN (\$10 pkt) and MONSTER TOMATO (\$4 pkt) seeds** avail from: Atlantic Seeds, PO Box 205, SEAFORD, Vic 3198. Ph/fax: 03-9786-0337. Send SAE for full price list of other giant vegetables.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

**QUALITY ORGANIC TOBACCO SEED** (min 60 plants). Easy techniques for striking, growing, harvesting, drying, curing & cutting. Simple leaf press plans. Seed saving instructions. All you need for FREE TOBACCO FOREVER. City GRs also win with this terrific money saver – tobacco grows successfully in pots (even indoors). Ongoing advice avail. Cost \$14.50 (incl p&p). Pete Bradbury, Box 65, EIDSVOLD 4627. Ph: 071-651-484.

**COMPANION PLANTING CHART.** Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

**RAINFOREST SEED COLLECTORS** national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletters \$20, conc \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

**COMPREHENSIVE CATALOGUE** Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

**TOBACCO SEEDS,** best quality & flavour, \$5 incl seeds and instructions. E Madge, MS 626 Kin Kin Rd, POMONA, Qld 4568.

**BIRD NETTING** – strong and durable by Gale. Three rolls measuring 10 x 150 m each; 15mm white mesh, \$1500. Ph: 064-533-216.

## HOLIDAYS

**STRATHBOGIE RANGES.** Biodynamic bush/farming retreat. Modern cabin, creeks, wildlife, 2hrs from Melbourne. \$60 per night. Ph: 03-5790-8516.

**THREE BEDROOM COTTAGE,** 2 kilometres north of CAVENDISH, Victoria. Low allergy/chemical. Fully furnished, up to six people. Close to Grampians. \$50 per night. Ph: 03-5574-2206.

**CAPRICORN COAST, QLD:** a charming cottage avail for holidays and relaxation. Situated in its own secluded rainforest garden in the heart of seaside Emu Park. \$300 per week. Ph: 079-397-184.

**LITTLE DESERT VIC.** Bushwalking, bird-watching, wildlife. Come experience the quietness. Discount weekday price \$45 double. Includes breakfast basket. Halfway between Melb and Adelaide. Little Desert Log Cabins and Cottage. For a color brochure ph: 03-5389-1122.

**CHRISTMAS CREEK, LAMINGTON,** 2 b/r, secluded cabin, magnif views, r/forest, bush walking, abundant birdlife. Linen suppld. Ph: 075-448-166.

## HEALTH AND BEAUTY

**ACTIVATED CHARCOAL POWDER** for toxins, boils, infections, ulcers, gas & much more; Internal & external use. Also health and recipe books available. Phone Tony, natural therapist. Ph: 041-222-9447, mobile.

**AMBER ESSENCES,** mail order homeopathic kits, remedies, flower essences, oils, for catalogue ph: 015-768-425.

**To avoid disappointment ensure  
your ad meets our deadline**

# GRASSIFIEDS

## HEALTH & BEAUTY

**TRADITIONAL HERBAL REMEDIES:** ointments, tinctures & teas. Organically grown & produced on the farm. For a complete list please send SAE to: Tintagel Herbs, PO Box 27, Central Tilba, NSW 2546.

## SERVICES OFFERED

**ANCIENT CHINESE WISDOM** card readings. Helpful insights re money, health, happiness, travel, etc. Send SAE for chart. Please enclose \$25. Currently reading at Psychic fairs. All handwritten by Eva Merton, Box 272, SOUTH FREMANTLE, WA 6162. Ph: 09-335-4859. Reply posted ASAP.

**HOME PLANS.** 90 plans for handcrafted homes of mud brick, rammed earth, stone & pole frame construction. Mail \$58 (postage incl) for *The Earth Builders Construction Detail & Plan Catalogue*, to: John Barton Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques & M/Os accepted.

**THE PRIMAL PLACE.** The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity and the material world. The transpersonal vision is one in which compassion, love and responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability and potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound and deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives and are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work and projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax and feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE, Vic 3555. Ph: 03-5441-3683.

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

## PLACING AN AD?

See page 68 for details

**AFFILIATED DONKEY SOCIETIES OF AUSTRALIA.** For info on membership, magazines and help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

## CALENDAR EVENTS

**DEXTER CATTLE SALE,** Saturday 7th December at 12 noon, ECHUCA selling complex (Vic). Small, hardy, for milk & beef. For catalogue ph: 03-5484-1766, or 018-507-819, Victorian Producers.

**MOORA MOORA FESTIVAL,** 22nd Feb '97, starting 12 noon. Music, delicious food, children's activities, house tours, craft market & more. For further information contact the Festival Convenor, Dr Bob Rich, PO Box 214, Healesville 3777, or Ph: 03-5962-3875 or 03-5962-4104.

**SOLAR HOT WATER INFORMATION DAY,** Saturday 14 December, at Going Solar, North Melbourne. Presentations & discussions on choosing the right system, living with solar hot water & understanding how it works. For further info contact Liz or Peter on: 03-9328-4123.

## OPPORTUNITIES

**FARM WORK AVAILABLE** to an enthusiastic person, sorry no pets or children. Initially offering a retainer wage, modest accom and food. We are growing a number of herbs organically as well as native cut flowers. For further details write incl info about yourself and ph number to: Mike & Robyn Tummon, Springfield Flora, 176 Upper Brid Rd, SPRINGFIELD, Tas 7259.

**EXPRESSIONS OF INTEREST** - formation of sml papermaking co-operative on far sth coast of NSW. Radical approach: research, experimentation, low energy, combining recycled stock & grown fibre, solar & water power. Requires creative inspiration plus technical knowledge, initially 1-2 committed. Prefer experienced handmakers. Specific product development, supplying assured market, for basic viable business. Write: R Jermyn, Box 158, BEMBOKA 2550.

**CARAVAN** with partly completed annexe, return for assistance on mixed farm, fairly isolated. Ph: 066-663-519.

**NEAR DALBY IN THE BUSH,** grow vegetables, chooks, etc, etc. Good pocket money to be made. No ingoing cost. Ph: 076-682-122.

**LARGE CARAVAN, HUNTER VALLEY** bush block, for vegetarian, n/s, pension(s), exchange assistance, share house. Visitors welcome. Ph: 049-382-036.

Please print your ad clearly  
so we can do likewise

## PUBLICATIONS

**FULL SET OF 'GRASS ROOTS'** from *Early years* - 104, in 11 binders. \$400 ONO. Ph: 063-610-737.

**'YOU CAN HAVE YOUR PERMACULTURE And Eat It Too',** by Robin Clayfield. A gardening book for cooks, a cookbook for gardeners, a permaculture reference book full of ideas & inspiration. \$38 from Robin Clayfield, Earthcare Education, 58 Crystal Waters, MS 16, MALENY 4552. Ph: 074-944-707.

**'GRASS ROOTS'** issues 10-95, 99, 100. \$200 + freight. *Earth Garden* issues 1-94. \$200 + freight. Ph: 08-8821-1483.

**'GRASS ROOTS'** no's 17-115, *Bumper Book* etc, 8 binders \$350. No's 38, 42, 44, 51, 57 & 98 - \$8. Odette Lyon, PO Box 185, GIN GIN WA 6503.

**'PET RABBITS IN AUSTRALIA',** by Shelley Acker. Over 80 pages + photos. Rabbit care made easy. Based on years of experience, this book is packed full of information, yet easy to read & understand. Including everything from purchasing to toilet training, also with a comprehensive coverage on calicivirus. Send \$16 + \$3 postage within Australia. \$5.50 postage New Zealand, to: The Bunny Barn, 21 Cochrane St, CRANBOURNE, Vic 3977. Ph: 03-5996-8014.

**'HEALTH AND NUTRITION':** cure your body and woes by eating fresh, raw, organic fruits & vegies. Loads of recipes & tips! \$20 postage paid. QDW Australia, GPO Box 3579, DARWIN NT 0801.

**NATURE-LOO,** Do-it-yourself plans. Our 65 pg booklet contains detailed plans & info to enable you to build a reliable composting toilet that really works. Based on our own patented design. \$65 incl postage. Nature-Loo, PO Box 1213, MILTON Qld 4064, Ph 07-3367-0601.

**'MONEY TO BURN'** - not quite - but save lots of dollars using proven money saving tips. Save on housekeeping, outings etc. 25 sections. For copy send \$6 money order to: J Elder, RMB962, COOKARDINIA 2650.

**'NIMBIN NEWS',** is a co-operatively run access magazine with articles & information from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines and the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable and scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**'WORLD LIST OF SEED SOURCES'** - 4th Edition (1996). This reference book is published with a view to improving seed exchange and variety evaluation activities among countries worldwide. This edition contains over 8000 addresses of plant breeding stations, seed production co-operatives and commercial seed producers in 150 countries. It makes reference to crop species dealt with by individual institutes. \$82 + p&p. Hunter Publications, PO Box 404, ABBOTSFORD 3067.



# GRASSIFIEDS

## PUBLICATIONS

'PANTHOLOGY'. A digest of Paganism, Shamanism, Magic, Wicca & Sacred Ecology from around the world. A broad spectrum magazine with something for everyone from the new seeker of the Old Faith to the familiar territories of the devoted thinker. Subs, \$10/4 issues to: PanThology, LPO Box 300, ANU, ACTON, ACT 2601. Free sample to GR readers with SAE. New Address.

PA-RA-DISE telling of raw foods eating & revelations of F-Un-Ar-k. \$12. Cassette \$15. For more info write: Les Paul, PO Box 822, WAHROONGA 2076.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

EARTHWORMS. Learn how to breed them for gardening, composting, fishing, selling. Free booklet from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049 (formerly Mooloolaba). Ph/fax: 08-377-2668.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, and by subscription, \$37.90 or \$39.90 with *Health & Healing* Newsletter per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice and articles on successful owner builders. *The Owner Builder* magazine is available from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 054-681-899.

'THE SEED SAVERS' HANDBOOK' by Michel and Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

BOOKS. NEW & OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

DEADLINES: GR 119 - DEC 30TH  
GR 120 - FEBRUARY 28TH

DONKEY BOOKS by mail. Lists from Broomtail Publications, RMB 3030, EAGLEHAWK 3556. Fax: 054-463-749.

BOOKS, OLD AND NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

'NATURAL HEALTH', the magazine of the Natural Health Society. Subscribe today, \$34 yearly & receive: 6 vital magazines, discounts at participating health food stores & natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 047-215-068.

BOOKS & TAPES by mail from New Broom Books. Send now for free illustrated lists of meditation tapes, inspirational books, tarot cards, etc, from: New Broom Books, PO Box 66, GOORNONG Vic 3557.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK, 3116.

POETRY BOOKS - two volumes of Australian verse, hard cover, bush humour & serious. 'Full Circle' and 'Somewhere Beyond', \$15 each post paid, or \$25 for both. Sandra Binns, PO Box 13, KINCUMBER 2251. (Lot 5, Abundance St).

'GRASS ROOTS', *Early Years* + Nos 10-99, \$150, inclusive + postage. Fisher, PO Box 60, BLACKMANS BAY, Tas 7052. Ph: 002-291-894.

'COLONIZING THE SEED - Genetic Engineering and Techno-Industrial Agriculture' by Gyorgy Scrinis. Available from Friends of the Earth, 312 Smith St, COLLINGWOOD 3066. RRP \$5.

'NATURAL HORSE CARE' by Pat Coleby. This and many other books available from Night Owl Publishers (*Grass Roots*). See last page of GR for mail order form.

## CONTACTS

### NEW SOUTH WALES

ACTIVE CAPABLE WOMAN in 50s, intends living in Bourke for 2 yrs or so (previous experience) to develop interest in arid zone plant propagation & cultivation. Would like to find person(s) interested in same or similar activity to share house & possible future enterprise or relationship. Relaxed attitude to community issues & a genuine interest in arid flora, environment & people needed. Hope to meet you & talk soon somewhere in or between Bourke/Sydney. Reply to: 55 Hampstead Rd, AUBURN 2144.

AUSTRALIAN GENT, 39, 186cm, average build. Lives by the beach & pools. Honest, caring, down-to-earth, enjoys simple things in life. Interests: movies, art, music, going to the beach. Seeking a Japanese lady for companionship with similar interests. Age open. Reply to: Graeme, 17/3 Mathews Cres, PORT KEMBLA, NSW 2505

AUSTRALIAN MALE, 40, 6'0", good looks, intelligent, likes travelling, bushwalks, country drives, romantic dinners, honest, reliable, caring, n/s, s/d, 2.5ac nth NSW, building cedar cabin. Seeking genuine lady, children OK. PO Box 1041, CASINO, 2470.

CENTRAL WEST MALE pensioner, 46, quiet & easy-going, n/s, n/d, looking for slim lady. Milo (GR 118), C/- PO Box 242, EUROA 3666.

CHRISTIAN, NATURAL THERAPIST, male, 42 y/o, Sabbath keeper. Loves country living, horses, hard work, keeps fit/healthy, strict vegetarian. Would like to meet genuine lady 30-40yrs, with similar interests. AB (GR 118), C/- PO Box 242, EUROA 3666.

CONFIDENT, VITAL MAN, 48, 5'10", fit, slim, strong, athletic build. Style & attractive good looks. Well-travelled, mannered & spoken. Appreciate arts, music, (blues, rock & classical), books, conversation, friends & life with passion. Live Northern Rivers with acres of heart, hearth & the earth. Enjoy skiing, trekking, mtns and beaches. Would like to connect with a very attractive, fit, outdoors woman with a cheerful, positive attitude & a sensual, loving nature. A woman of zest, spirit & intelligence who enjoys the thrill of romance & possesses the wisdom to establish beyond that, an authentic relationship. A woman interested in creating a wonderful garden, sharing a pleasant home, & building a sustainable lifestyle business. Please reply with photo to: Luke (GR 118), C/- PO Box 242, EUROA 3666.

FEMALE, 37, seeks correspondence with soul mate, up to 45. I am easy-going, loyal, sincere, honest, with 2 children, a full figure, 5' 4", blue eyes, brown hair, n/s, s/d, 069 area. Please write with photo. VB (GR 118), C/- PO Box 242, EUROA 3666.

FEMALE, 40, 5', 60 kg, Aussie, single, strictly vego, n/s, n/d, n/drug, n/fnci, follower of the God of AID. Hoping to meet future trustworthy hubby via penfriendship. Qualities: as above, 5'9" +, 38-45, broad, all round fit, healthy, hygienic, gentle, quiet, cuddly, warm-hearted, capable of home/property maintenance, financially unencumbered-secure, communication & problem solving skills. Interests: organic produce farming, all activities shared, practical, adventurous, decent, home birth/schooling, firm but gentle-handed patient dad, peace, solitude, friends, family, pets. Dislikes: dishonesty, TV, pubs, tattoos, motor bikes, earrings, sport, rock-n-roll, perversity, occultism, vulgarity, sleaziness. Penfriend, C/- PO MURWILLUMBAH 2484.

GENUINE & TRUE BLUE, 37 y/o, prof male currently in Sydney, ready for the Hunter full-time, seeks special woman for lasting friendship & romance if suited. Lover of nature, humanity & life in general, with a sharing, caring soul, is greatly needed for same. Kids OK - better than most adults you meet! Freedom (GR 118), C/- PO Box 242, EUROA 3666.

To avoid disappointment ensure  
your ad meets our deadline

# GRASSIFIEDS

## CONTACTS

### NEW SOUTH WALES

I'M A 45 YEAR OLD WOMAN, no ties (except 3 cats), seeking male companionship. Eclectic approach to most things, especially food. My future view, moving to the south coast. Professional background, working class roots. Strongly support alternative philosophies. Wishing to pursue artistic/music bent. Articulate, healthy wit, a leonine to boot. Local replies welcome, around own age or younger preferred. Blue Mtns. Lucy, PO Box 510, HAZELBROOK 2779.

QUIET AND SHY transsexual, 48, loves God. Enjoys the ocean, yachts, art, graphics and design. Seeks penfriend. Angel, PO Box 2530, PORT MACQUARIE 2444.

SAGITTARIAN MAN, 49, slim, fair, SOH, monogamous, independent, fairly private, practical, spiritually aware, living on bush property in NSW Highlands. Part-time parent. Loves the soil, the bush, working with wood, books, children, music, peace, real friends, some personal space. Would love to share my life with the right person. All letters answered. Photo appreciated. Write to Noel (GR 118), C/- PO Box 242, EUROA 3666.

### PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

SURVIVOR - young 55 - woman who loves her dogs, to be happy, to laugh, music, freedom, space and simple life on her few acres. Seeks another woman survivor. JN (GR 118), C/- PO Box 242, EUROA 3666.

WOMAN, MOTHER, lesbian, 34, wanting to meet a woman to experience the depth and breadth of life. I am attractive, fair, secure, spiritual and currently city-based. I want to love and create, be in the present and embrace each day. Would love to meet a woman I could journey with. Happy to just write for a while. Ami (GR 118), C/- PO Box 242, EUROA 3666.

YODELLING LADY: 40s, NSW, seeks male professional country music singer-guitarist companion for guiding influence and perhaps later sharing of music work. Relationship a possibility. Reply to: Sweet Molly (GR 118), C/- PO Box 242, EUROA 3666.

*If you doubt the wisdom of replying to any ad - trust your intuition*

### PLACING AN AD?

See page 68 for details

## QUEENSLAND

WOULD ADRIAN WHO WROTE to Bell, GR 116, please write again and include his address.

A JOHN LENNON SEEKS HIS YOKO. Well, not exactly, but: male, 44, BUNDABERG, n/s, s/d, height 168 cm, weight 62 kg, unattached, seeks n/s, independent, positive woman. Friendship, see if anything clicks. Correspond/phone a while first if required. My pastimes: art, flute & percussion (semi-pro), rock, folk, blues, classical, permaculture, bbqs, dinner (wine?), environment, friends & conversation, swimming, canoeing. Will answer all. Replies to JG (GR 118), C/- PO Box 242, EUROA 3666.

ARE YOU AN UNCONVENTIONAL LADY, 42 to 50ish, healthy, honest & practical with a good sense of humour? Do you like wilderness, crafts & a self-sustainable lifestyle? An affectionate male with similar qualities is seeking a lady to share his established nth Qld paradise. MW (GR 118), C/- PO Box 242, EUROA 3666.

AWAKENED FEMALE who's always heard a different drummer seeks n/s (50s) companion soul mate who is moving towards integration of body, emotions, mind & spirit. Former professional, I am practical, down-to-earth, like hugging & being hugged. Healthy, fit, independent means, SOH, I need trees & wind, and seek long-term mtn home in ntn NSW. AF, PO Box 602, BUDERIM 4556.

BORN AGAIN CHRISTIAN MAN, 35, seeks friendship with B/A lady. Must be nice (preferably Baptist, Brethren & very fundamental). What I like, etc, can be explained in reply letter. The Boxholder, PO Box 1286, MILTON, 4064. Trust God and Jesus.

GUY 46, slim, vital, gentle, passionate, seeks a loving relationship with a full-figured woman. Dave (GR 118), C/- PO Box 242, EUROA 3666.

MARRIED COUPLE, 43 years young, seeking friendship with interesting couples. Husband into windpower, alternative energy, free energy devices, mechanical/electronic engineering - tinkering. Wife loves country living, gardening, animals, does massage. We are medium build, n/s, s/d, good looking, clean living, have older world values & two very well behaved young children (home schoolers). Glasshouse Mtns area. Please reply to: PO Box 1007, CABOOLTURE 4510.

PISCAN LADY, 50, seeks contact with honest, sincere, caring gentleman interested in relationship. Live quietly on acreage in far north Queensland, enjoy grass roots lifestyle, varied interests in alternative living/thoughts. Animal lover. Educated and well-travelled. If you are of similar age/interests contact: Margarite (GR 118), C/- PO Box 242, EUROA 3666.

SUNSHINE COAST, 46 y/o GR lady, slim, fit, feminine, affectionate, fun loving, youthful, seeks GR gentleman to share my life. I enjoy a balanced, healthy lifestyle, ethnic cuisine, intelligent communication, animals, home life, permaculture, being close to the sea & nature, and new experiences. Lyn (GR 118), C/- PO Box 242, EUROA 3666.

WARM, CARING, BRIGHT FEMALE, 41 y/o, 5'8", fair, living a life of voluntary simplicity in Brisbane, wanting to move to Sunshine Coast in next few years, seeks caring, stable man. Write to: Carolyn (GR 118), C/- PO Box 242, EUROA, 3666.

### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it.

## VICTORIA

ARE YOU LOOKING for a sincere, caring, loving man? Do you like to be pampered, receive gifts & caring love and attention? Do you enjoy warm, cuddly nights by the fire, home cooked meals, quiet walks along the beach, travel & explore faraway places? Would you like someone in your life who will be there through both laughter and tears? Well, look no further. I am 5'7" tall, 54 years of age, have a comfortable home in a beautiful bush setting, snuggled in the Dandenongs, also a cosy holiday home off the Gippsland Highway. I am looking for a lady to share my life with, who wants my love & attention. A friendship that can grow into a warm, caring, loving and lasting r/ship. I intend to travel around Australia or overseas in the near future & would love to share my experience with someone special. Ph: 03-5968-4101, or write to: PO Box 561, EMERALD 3782.

BENDIGO AREA. Pisces male, 43, 5'6", 11st, fit, active, quiet nature, sense of humour, average looks, beard, tattoos. Occasional drink/smoke. I would like to hear from a female with similar interests as myself. Some of which are good music, m/cycles, reading, crosswords, outdoors, fossicking, opal digging, bushwalks, travel, living a simple relaxed lifestyle. Please write: LG (GR 118), C/- PO Box 242, EUROA 3666.

CATHOLIC GUY, gay, light smoker; hobbies: animals, cooking, gardening, music. Requires active male companion, handyman, 40-50. Breeds and shows felines, canines and dairy goats. Knowledge would be advantage, car and licence essential, central Victoria area. Someone for Christmas please. All letters answered. SE (GR 118), C/- PO Box 242, EUROA 3666.

HOLA! I'M A SPANISH BORN in Mexico, country life minded, 37, slim, fit, positive. Are you a nature lover, sensitive, 25-35, slim seniorita? Would you like to live overseas? Let's meet and talk! Contact Eugenio C/- 34 Traill St, NORTHCOTE 3070.

# GRASSIFIEDS

## CONTACTS VICTORIA

I CONSIDER myself a sensitive, caring, sharing & compassionate fellow, slim, early 40s, 5'6", black hair, Sicilian background, honest, open & spiritually minded. Live on 5 ac of bushland. Starting a woodworking business. I ask the Universe that I attract a like-minded woman in her mid-thirties as my soul mate, loving & affectionate, has long flowing hair, who is artistically & spiritually open. Please ring Mick on 03-5346-1527, or write to: Mick, RSD R676, DEREEL 3352.

WANTED: ONE USED MALE, 45+, cosmetic condition irrelevant but must have intact sense of humour, romance, optimism, honesty. Offering: young 50, plumpishly average, enjoys books, most music, m/cycles, animals, gardens. Disenjoys religion, footy, housework. Presently inner city west. View friendship, whatever. Virgo (GR 118), C/- PO Box 242, EUROA 3666.

WOULD LIKE TO CORRESPOND with etc, mature woman any age (anywhere). Lesbian, late 40s, main interests are classical music, horticulture & reading. Other interests are cooking & sharing good food. A goal is a small farm (before I drop off my perch). Friend (GR 118), C/- PO Box 242, EUROA 3666.

KINGLAKE, EARLY RETIRED GUY, slim, bearded. Seeking uncomplicated (mainly) life companion. Seemingly remote 5 ac yet close to shops, half hour Eltham. Two-thirds fairyland bush, 1/3 specimen planted. Dream garden potential. New Tudor cottage, sheds existing, 2 b/r cottage soon. Drivers licence helpful. Nonreligious/gang happy, ie pubs, football, yet love people, debating, sharing Krishnamurti's teachings. Life spent in social welfare (hands on), wildlife rangers, gardens, collecting books, fairylore, birdwatching, and similar love producing insights. If you realise if one loves nature you are never poor, this could be shared space, beauty. Are you free of ego-centric mind escapism, new-age exploitation, guru power, divisive pragmatist belief? Not so heavenly minded to be of no earthly use, laugh, cry, grow, blossom into goodness? Together care, share, explore the limited ways of conditioned self? Have the wisdom of insecurity, capacity, insight when dull not to throw in the towel? Forgiven your past life? If this is your intent, maybe we could journey. Debt-free, electricity, water, septic exists. Ph. 057-986-2028, 03-9481-7098 (AH), friends 03-9419-3133, 9419-6237.

MALE, THIRTY-EIGHT, 5'10", 11st, caring, honest, adventurous, average looks, enjoys simplicity, quietude, open fires and romance, seeks slim woman 28-40, perm r/ship. Child okay. Photo appreciated. Together (GR 118), C/- PO Box 242, EUROA 3666.

NORTHERN VIC, male, 43, sole parent, wishes to correspond with intelligent, slim, humorous woman who enjoys basic things in life eg intelligent conversation, a good laugh, quiet dinners & an easy-going lifestyle. Frank (GR 118), C/- PO Box 242, EUROA 3666.

DEADLINES: GR 119 - DEC 30TH  
GR 120 - FEBRUARY 28TH

PISCES WOMAN, 35, occasional s/d, n/s, seeks spiritual Scorpio, Cancer or maybe Leo male who lives in NE Vic or needs a change to a beautiful, mountainous region, with 4 true seasons & plenty of opportunity. I am slim, long brown hair, blue eyes, environmentally aware, setting up a Steiner school, health conscious, studying naturopathy and numerology. Love the bush, sea, fun, occasional good movie, workshops, growth, healing, teaching, candlelit dinners & the two old souls who chose to incarnate as my children. Communication, shared interests, laughter, spiritual purpose, responsibility & clean lifestyle are of great importance to me. Children fine. No drugs. Reply: Treasurer, PO Box 192, BEECHWORTH 3747. Photo appreciated, friends first important.

## WESTERN AUSTRALIA

I AM A POSITIVE, HAPPY, fun, attractive, 30s female seeking same in male, SW WA, C/- PO Box 293, DUNSBOROUGH 6281.

NATURAL, DOWN-TO-EARTH, country lady, early 40s, slim build, tallish, n/s, healthy & relatively fit, into world music, adventure travel, organics, healthy food, country GR lifestyle, alternatives in health, technology, farming, 'green' issues. Seeks warm positive man with earth sign in his chart for genuine r/ship. Reply: ME, PO Box 437, YORK 6302.

GUY, 31, no hangups, good health, easy-going, broad-minded. Likes travel, animals, home life, not into drugs & pubs. Looking for special lady to 32, view long-term r/ship & building an alternative lifestyle. Kids/no kids, any race or religion, disabled OK, all replies answered. Please contact: Jon, PO Box 754, KARRATHA 6714.

## SOUTH AUSTRALIA

CREATIVE, INTELLIGENT MALE 43, 5'11", medium build, seeks intelligent, honest woman for long-term friendship/r/ship. Interested in nature, writing, massage, good music, tantra, beach, cooking and home life. Write: Allan, 5 Bretwalder Ave, LEABROOK SA 5068.

FEMALE LIBRAN, 33, honest, friendly and happy nature, into gardening, cooking, meditation, travel, art, the country & folk music. Seeks a gentle, peaceful male to 45, with similar interests. Libran (GR 118), C/- PO Box 242, EUROA 3666.

WOULD THE PERSON WHO WROTE to Lucy Daugalis in Morphett Vale SA (your address was RMB, Omeo Hwy, Bairnsdale Vic) please write again. I sent you a booklet & it was returned to me. Lucy Dauglis, PO Box 390, MORPHET VALE 5162.

## TASMANIA

SLIM, ATTRACTIVE 43 y/o Leo female. Practical, logical, adventurous, great SOH, passionate, sensual, no dependents. Seeks genuine, not too mainstream soul mate. I'm into health food, and self-suff would interest me, but then, so would a lot of other things. Reply with photo & ph number to Email: shaolin@longnet.com.au or, Linda PO Box 205, PROSPECT 7250.

## OTHER

NORTH NSW? TASSIE? Yarra Valley? Wherever you are, write to me please. Positive, happy, fun, spiritual, well-travelled, committed, 30s woman seeks same in a man. Relocating. PO Box 293, DUNSBOROUGH 6281. 481-7098 (AH), friends 03-9419-3133, 9419-6237.

PENFRIENDS: Australian & worldwide penfriends, ages 17 - 76. Send SAE for details to: Penlnk, PO Box 303, BUSSELTON 6280.

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- We are no longer accepting contact ads from, or on behalf of, overseas advertisers.
- Deadline for GR 119 (Feb/March '97) is 30th December.
- Neat printing is essential so we can print your ad correctly. Do not write your ad out in block capitals.

# POETRY

## GRASS CASTLES

*When I was very young  
we made grass Hobbit-holes  
in the tall native grasses  
that grew upon the hill  
above the homestead*

*Warm spring weather  
on a hillside  
splashed with sunshine  
is just the place  
to build a grass castle  
after a long cold winter.  
We tunnelled deep  
and lined our cavern  
with armful after armful  
of the tall grass clumps.*

*We had some trouble with fires  
And lost a house or two  
in flames and learnt  
more care with matches.  
The hillside was dotted with lean gum-trees  
and we played hide and seek,  
keeping out of mother's hair  
with an ear cocked  
for a call to lunch.*

*One day a farm-dog  
found a brown-snake  
wedged beneath a rock.  
It pulled the luckless  
beast in two  
and it spilled full half-a-dozen  
miniature brown-snakes.  
We played with them for days  
and only later found  
that such snakes are  
lethal from birth.*

*There were never droughts:  
yet the sun always shone.  
Tadpoles in the creek  
were whales in the seas.  
That patch of timber  
was a dark mysterious forest,  
and the breeze carried  
stories from the wild  
nomad's camp-fires.*

*Ben W Schiemer*

## OUR WORLD

*The winds of time blow swiftly on,  
What was today is past,  
Tomorrow too will soon be gone,  
Nothing seems to last.*

*The forests turn to farmlands,  
As the seasons come and go,  
Our once green fertile planet,  
Feels the sands of deserts blow.*

*Where once there flowed a gentle stream,  
Now yawns a gaping crack,  
Erosion runs its fingers down,  
Once lovely forest track.*

*But no one seems to really care,  
That once they're dead and gone,  
There's nothing left for future folks,  
To build a living on.*

*So pool all our resources,  
And care for proper things,  
Not money, greed and power,  
But our world and all its things.*  
*Lesley Blake*

## MY FOREST

*I am a denizen in your land.  
I have come in peace,  
to share with you,  
gather your wisdom unto myself,  
to work in harmony,  
be as one with you.*

*A caretaker am I,  
for man can never possess  
the earth beneath his feet,  
the trees swaying above his head;  
they are one with wind and clouds,  
here a moment,  
gone from us tomorrow.*

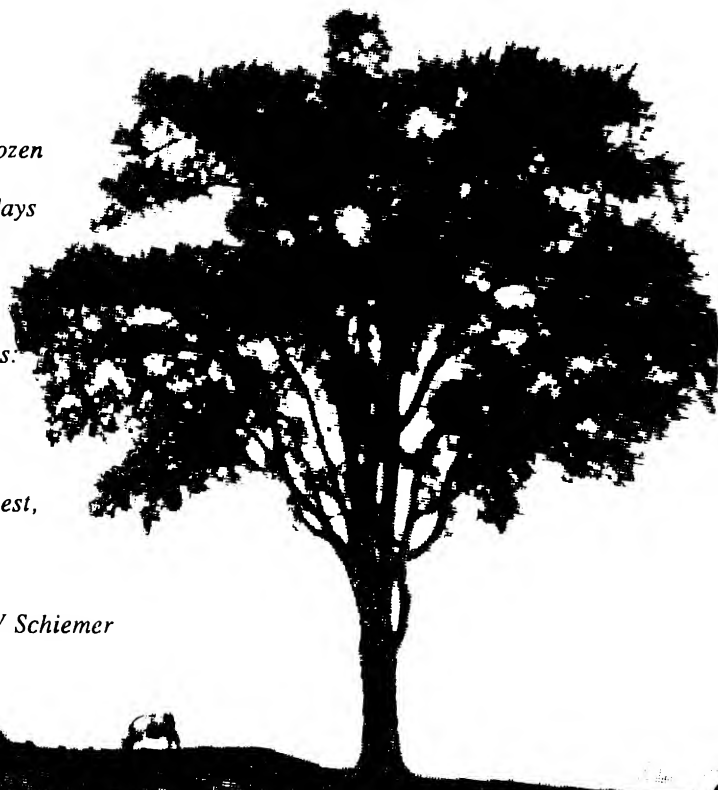
*A brief time I shall spend here.  
In the passing of a breath  
I shall be gone  
and you will not be aware  
of my leaving.  
I cannot take you with me,  
but I can take the essence of you  
entwined into my spirit.*

*Joy Brisbane.*

## LONGREACH TO WINTON

*No sound, no stir.  
No breeze or rustle.  
One didn't dare to breathe.  
So quiet, so still.  
Nothing.  
Only shifting air  
On the road ahead  
Like a line  
Disappearing into eternity  
Heavy with the sun,  
Creating a mirage  
of moving patterns.  
Right or left  
No tree, no bush  
No fence, no gates.  
Pale grass, red soil.  
Beyond on the horizon  
Soft hills with blue tops  
bring the scene to a hold.  
Nothing can disturb this idyll.  
That's where my ashes will be  
scattered.  
Peace.*

*Gisela McIntyre.*





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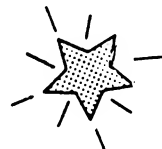


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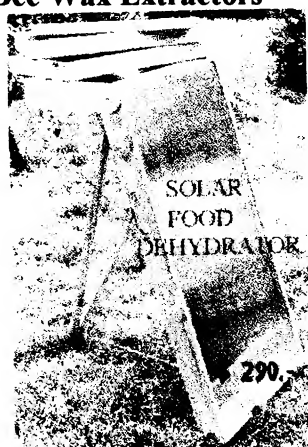
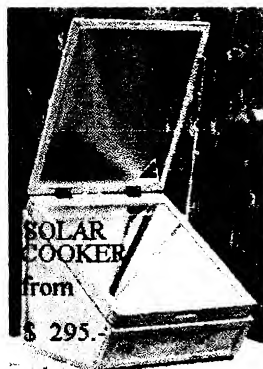


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